

**Day One**

	<i>Exercise</i>	<i>Tempo</i>	<i>Sets</i>	<i>Reps</i>	<i>Weight</i>	<i>RPE/10</i>	<i>Rest</i>
	<b>Warm up Series</b>						
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">Dead bug laterals</a>	212	1	15	NA	3	NA
	<a href="#">Side lying extension rotations</a>	222	1	10 each	NA	4	NA
	<a href="#">Sphinx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">Butterfly Hip Flow</a>	NA	1	10 each	BW	5	NA
	<a href="#">Down Dog Lunge to Rotation</a>	NA	1	8 each	BW	4	NA
	<b>Working sets</b>						
1A	<a href="#">Paused Back Squats</a>	252	5	6		8	NA
1B	<a href="#">Wall facing hip circle</a>	212	5	10 each		4	75
2A	<a href="#">Shin Box</a>	NA	3	10 each		5	NA
2B	<a href="#">Double elevated split squat</a>	212	3	8 each		9	60
3A	<a href="#">Smith row iso hold</a>	282	3	7		9	NA
3B	<a href="#">Speed deadlifts</a>	NA	3	6		6	60
4A	<a href="#">1/2 Kneeling Overhead Press</a>	212	3	8 each		7	NA
4B	<a href="#">Pullups</a>	NA	3	Max		9	60

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**Day Two**

<i>Exercise</i>	<i>Tempo</i>	<i>Sets</i>	<i>Reps</i>	<i>Weight</i>	<i>RPE/10</i>	<i>Rest</i>
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**Warm up Series**

<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">Dead bug laterals</a>	212	1	15	NA	3	NA
<a href="#">Side lying extension rotations</a>	222	1	10 each	NA	4	NA
<a href="#">Sphinx Arm Slides</a>	222	1	8 each	BW	4	NA
<a href="#">Butterfly Hip Flow</a>	NA	1	10 each	BW	5	NA
<a href="#">Down Dog Lunge to Rotation</a>	NA	1	8 each	BW	4	NA

**Working sets**

1A	<a href="#">SB Straight arm pushbacks</a>	212	5	6		5	NA
1B	<a href="#">Heavy deadlifts</a>	NA	5	3		9	60
2A	<a href="#">Bottom Half Front Squats</a>	NA	3	6		5	NA
2B	<a href="#">1-foot rotational reach</a>	NA	3	8 each		8	60
3A	<a href="#">ITYW shoulder raise</a>	222	3	10 each		6	NA
3B	<a href="#">Glute hip press</a>	212	3	20		6	60
4A	<a href="#">Batwing Rows</a>	323	3	5 x 10 sec		8	NA
4B	<a href="#">1/2 kneeling landmine press</a>	313	3	12 each		7	60

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**Day Three**

	<i>Exercise</i>	<i>Tempo</i>	<i>Sets</i>	<i>Reps</i>	<i>Weight</i>	<i>RPE/10</i>	<i>Rest</i>
	<b>Warm up Series</b>						
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">Dead bug laterals</a>	212	1	15	NA	3	NA
	<a href="#">Side lying extension rotations</a>	222	1	10 each	NA	4	NA
	<a href="#">Sphynx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">Butterfly Hip Flow</a>	NA	1	10 each	BW	5	NA
	<a href="#">Down Dog Lunge to Rotation</a>	NA	1	8 each	BW	4	NA
	<b>Working sets</b>						
1A	<a href="#">Med Ball shoulder drop pushup</a>	222	4	5 each		7	NA
1B	<a href="#">SB hamstring curls</a>	222	4	20		5	90
2A	<a href="#">Standing Bent Over Row</a>	NA	3	30 each		8	NA
2B	<a href="#">Kneeling KB Halo</a>	212	3	10 each		5	60
3A	<a href="#">Heavy Bench Press</a>	NA	4	3		9	NA
3B	<a href="#">plank 1-arm elastic rows</a>	212	4	15 each		9	60
4A	<a href="#">KB Swing</a>	NA	1	100		10	NA

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**Day Four**

	<i>Exercise</i>	<i>Tempo</i>	<i>Sets</i>	<i>Reps</i>	<i>Weight</i>	<i>RPE/10</i>	<i>Rest</i>
	<b>Warm up Series</b>						
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">Dead bug laterals</a>	212	1	15	NA	3	NA
	<a href="#">Side lying extension rotations</a>	222	1	10 each	NA	4	NA
	<a href="#">Sphinx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">Butterfly Hip Flow</a>	NA	1	10 each	BW	5	NA
	<a href="#">Down Dog Lunge to Rotation</a>	NA	1	8 each	BW	4	NA
	<b>Working sets</b>						
1A	<a href="#">Down dog lunge to rotation</a>	NA	4	6 each		5	NA
1B	<a href="#">Paused front squats</a>	252	4	6		9	90
2A	<a href="#">½ kneeling elastic rotations</a>	222	3	8 each		5	NA
2B	<a href="#">Double KB clean to BU Press</a>	NA	3	8		7	60
3A	<a href="#">Lateral Lunge with pulse</a>	222	4	5 each		6	NA
3B	<a href="#">Paused eccentric deadlift</a>	215	4	5		8	60
4A	<a href="#">DB Shoulder Carries</a>	212	3	30 yards		9	NA
4B	<a href="#">DB Incline Biceps Curls</a>	323	3	20		6	60

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