

**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="#">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="#">Paused front squats</a>	252	4	6		8	NA
1B	<a href="#">Wall facing hip circle</a>	212	4	10 each		4	60
2A	<a href="#">Shin Box</a>	NA	3	10 each		5	NA
2B	<a href="#">Double elevated split squat</a>	212	3	15 each		9	30
4A	<a href="#">BB or DB Farmer Carries</a>	212	3	30 yards		9	NA
4B	<a href="#">DB Incline Biceps Curls</a>	323	3	20		6	30
4A	<a href="#">Bench Press</a>	323	4	15		9	NA
4B	<a href="#">Pullups</a>	NA	4	Max		9	30
5A	<a href="#">KB Swing</a>	NA	2	100		10	90

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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="#">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

**Working sets**

1A	<a href="#">SB Straight arm pushbacks</a>	212	3	6	5	NA
1B	<a href="#">Heavy deadlifts</a>	NA	3	5	9	60
2A	<a href="#">Bottom half back squats</a>	NA	2	5	5	NA
2B	<a href="#">1-foot rotational reach</a>	NA	2	10 each	8	30
3A	<a href="#">DB oscillation press</a>	NA	2	30 each	8	NA
3B	<a href="#">Kneeling KB Halo</a>	212	2	20 each	5	30
4A	<a href="#">Lateral Slide Pushups</a>	222	2	6 each	8	NA
4B	<a href="#">Glute hip press</a>	212	2	20	6	30
5A	<a href="#">½ kneeling elastic rotations</a>	222	2	8 each	5	NA
5B	<a href="#">Double KB clean to BU Press</a>	NA	2	12	7	30

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