

Day One

<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

SMR lower body	NA	1	NA	NA	2	NA
SMR front arm line	NA	1	NA	NA	2	NA
Quadruped matrix	NA	1	As needed	NA	3	NA
Foam roller stick slides	313	1	10	NA	4	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	212	1	20	medium	4	NA

Working sets

1A	SB stir the pot	212	4	8 each	6	NA
1B	BB deadlifts - technique focused	212	4	5	7	90
2A	kneeling pallof press & raise	212	3	8 each	8	NA
2B	Turkish get up	NA	3	1 each	6	60
3A	Hip press & reach	212	3	7 each	6	NA
3B	DB Shoulder carries	NA	3	20 yards	8	60
4A	incline DB chest press	212	3	12	7	NA
4B	Lateral Lunge to overhead driver	NA	3	7 each	8	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>
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Quadruped matrix	NA	1	As needed	NA	3	NA
	Foam roller stick slides	313	1	10	NA	4	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
	Working sets						
1A	Elastic resisted dead bugs	212	4	8 each		7	NA
1B	Hip thrusts	212	4	7		8	90
2A	Stepback lunges	222	3	8 each		6	NA
2B	Landmine 1-arm split stance row	222	3	12 each		6	60
3A	Tall kneeling to standing	N/A	3	2 each		8	NA
3B	Cat camel stretch	212	3	10		4	60
4A	BB or DB Farmer Carries	NA	3	20 yards		8	NA
4B	Perfect Pushups	212	3	Max		9	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>
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Quadruped matrix	NA	1	As needed	NA	3	NA
	Foam roller stick slides	313	1	10	NA	4	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
	Working sets						
1A	Barbell/Ab Wheel Rollouts	212	4	8		7	NA
1B	Barbell Front squats	212	4	5		8	90
2A	Barbell bent over row	212	4	12		8	NA
2B	kettlebell swing	NA	4	20		6	60
3A	Body weight Cossack squats	323	3	5 each		6	NA
3B	DB Row	212	3	8 each		8	60
4A	Chin ups	212	3	max		9	NA
4B	Glute ham raise	323	3	8		7	60

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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>
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Warm up Series

SMR lower body	NA	1	NA	NA	2	NA
SMR front arm line	NA	1	NA	NA	2	NA
Quadruped matrix	NA	1	As needed	NA	3	NA
Foam roller stick slides	313	1	10	NA	4	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	212	1	20	medium	4	NA

Working sets

1A	Shoulder upright rotations	212	4	15	7	NA
1B	BB bench press	212	4	6	8	90
2A	DB goblet squats	212	4	15	8	NA
2B	Dead bugs	NA	4	8 each	6	60
3A	KB/DB Jerk Press	323	3	5 each	7	NA
3B	Suitcase carries	212	3	20 yards	8	60
4A	BB biceps curls	212	3	15	7	NA
4B	DB skull crushers	323	3	12	7	60

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