

Day One

	<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	SB stir the pot	212	3	8 each		6	NA
1B	BB deadlifts - technique focused	212	3	5		7	60
2A	kneeling pallof press & raise	212	3	6 each		8	NA
2B	Turkish get up	NA	3	1 each		6	60
3A	Shoulder upright rotations	323	3	12		6	NA
3B	BB bench press	212	3	6		8	60
4A	Hip press & reach	212	3	7 each		6	NA
4B	DB Shoulder carries	NA	3	20 yards		8	60
5A	incline DB chest press	212	3	10		7	NA
5B	Lateral Lunge to overhead driver	NA	3	7 each		8	60

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	<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	3	8 each		7	NA
1B	Hip thrusts	212	3	7		8	60
2A	Stepback lunges	222	3	8 each		6	NA
2B	Landmine 1-arm split stance row	222	3	12 each		6	60
3A	Barbell bent over row	212	3	12		8	NA
3B	kettlebell swing	NA	3	20		6	60
4A	BB biceps curls	212	3	15		7	NA
4B	DB skull crushers	323	3	12		7	60
5A	BB or DB Farmer Carries	NA	3	20 yards		8	NA
5B	Perfect Pushups	212	3	Max		9	60

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