

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
Prone Elastic Shoulder Rotations	212	1	15	NA	3	NA
Foam roller stick slides	313	1	10	NA	4	NA
Rolling Cossack	212	1	8 each	BW	4	NA
Shin Box	NA	1	15 each	BW	4	NA
Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA

Working sets

1A	Kneeling KB Halo	212	3	10 each		6	NA
1B	BB deadlifts - eccentric pause	214	3	5		8	60
2A	Hanging Lat Stretch	232	3	8		5	NA
2B	Elastic resisted dead bugs	333	2	8 each		7	45
3A	Double KB clean to BU press	212	2	7		6	NA
3B	Lateral Lunge with Pulse	222	3	8 each		7	45
4A	BB or DB Farmer Carries	NA	3	15		7	NA
4B	Kettlebell swings	323	3	2 x 20**		8	45
5A	Pushup Pop Press	212	3	8 each		7	NA
5B	Batwing Rows	NA	3	4 x 10 sec		9	45

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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
	Prone Elastic Shoulder Rotations	212	1	15	NA	3	NA
	Foam roller stick slides	313	1	10	NA	4	NA
	Rolling Cossack	212	1	8 each	BW	4	NA
	Shin Box	NA	1	15 each	BW	4	NA
	Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA
	Working sets						
1A	1/2 kneeling elastic rotations	222	3	6 each		5	NA
1B	BB Back Squat	212	3	5		8	60
2A	Down Dog Lunge Inside Rotation	NA	2	8 each		5	NA
2B	Smith Pullup Iso Hold	222	2	4 x 10 sec		8	45
3A	Pullups	323	3	5		7	NA
3B	Bench Press	212	3	5		8	45
4A	Cable Rope Overhead extension	323	3	15		7	NA
4B	Standing barbell curls	313	3	12		7	45
4A	plank 1-arm elastic rows	212	2	12 each		9	NA
4B	1/2 kneeling rope chops	323	2	8 each		7	45

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