

**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="#">Prone Elastic Shoulder Rotations</a> | 212          | 1           | 15          | NA            | 3             | NA          |
|    | <a href="#">Foam roller stick slides</a>         | 313          | 1           | 10          | NA            | 4             | NA          |
|    | <a href="#">Rolling Cossack</a>                  | 212          | 1           | 8 each      | BW            | 4             | NA          |
|    | <a href="#">Shin Box</a>                         | NA           | 1           | 15 each     | BW            | 4             | NA          |
|    | <a href="#">Down Dog Lunge to Rotation</a>       | NA           | 1           | 8 each      | BW            | 4             | NA          |
|    | <b>Working sets</b>                              |              |             |             |               |               |             |
| 1A | <a href="#">Kneeling KB Halo</a>                 | 212          | 5           | 10 each     |               | 6             | NA          |
| 1B | <a href="#">BB deadlifts - eccentric pause</a>   | 214          | 5           | 5           |               | 8             | 75          |
| 2A | <a href="#">Hanging Lat Stretch</a>              | 232          | 3           | 8           |               | 5             | NA          |
| 2B | <a href="#">Elastic resisted dead bugs</a>       | 333          | 3           | 8 each      |               | 7             | 60          |
| 3A | <a href="#">Double KB clean to BU press</a>      | 212          | 3           | 7           |               | 6             | NA          |
| 3B | <a href="#">Lateral Lunge with Pulse</a>         | 222          | 3           | 8 each      |               | 7             | 60          |
| 4A | <a href="#">BB or DB Farmer Carries</a>          | NA           | 4           | 30 yards    |               | 7             | NA          |
| 4B | <a href="#">Kettlebell swings</a>                | 323          | 4           | 2 x 20**    |               | 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**

|  |     |   |         |    |   |    |
|--|-----|---|---------|----|---|----|
| <a href="#">SMR lower body</a>                   | NA  | 1 | NA      | NA | 2 | NA |
| <a href="#">Prone Elastic Shoulder Rotations</a> | 212 | 1 | 15      | NA | 3 | NA |
| <a href="#">Foam roller stick slides</a>         | 313 | 1 | 10      | NA | 4 | NA |
| <a href="#">Rolling Cossack</a>                  | 212 | 1 | 8 each  | BW | 4 | NA |
| <a href="#">Shin Box</a>                         | NA  | 1 | 15 each | BW | 4 | NA |
| <a href="#">Down Dog Lunge to Rotation</a>       | NA  | 1 | 8 each  | BW | 4 | NA |

**Working sets**

|    |  |     |   |            |  |   |    |
|----|--|-----|---|------------|--|---|----|
| 1A | <a href="#">1/2 kneeling elastic rotations</a> | 222 | 4 | 6 each     |  | 5 | NA |
| 1B | <a href="#">BB Back Squat</a>                  | 212 | 4 | 5          |  | 8 | 60 |
| 2A | <a href="#">Down Dog Lunge Inside Rotation</a> | NA  | 3 | 8 each     |  | 5 | NA |
| 2B | <a href="#">Smith Pullup Iso Hold</a>          | 222 | 3 | 4 x 10 sec |  | 8 | 60 |
| 3A | <a href="#">Pullups</a>                        | 323 | 4 | 5          |  | 7 | NA |
| 3B | <a href="#">Bench Press</a>                    | 212 | 4 | 5          |  | 8 | 60 |
| 4A | <a href="#">Cable Rope Overhead extension</a>  | 323 | 3 | 15         |  | 7 | NA |
| 4B | <a href="#">Standing barbell curls</a>         | 313 | 3 | 12         |  | 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="#">Prone Elastic Shoulder Rotations</a> | 212          | 1           | 15          | NA            | 3             | NA          |
|                       | <a href="#">Foam roller stick slides</a>         | 313          | 1           | 10          | NA            | 4             | NA          |
|                       | <a href="#">Rolling Cossack</a>                  | 212          | 1           | 8 each      | BW            | 4             | NA          |
|                       | <a href="#">Shin Box</a>                         | NA           | 1           | 15 each     | BW            | 4             | NA          |
|                       | <a href="#">Down Dog Lunge to Rotation</a>       | NA           | 1           | 8 each      | BW            | 4             | NA          |
| <b>Working sets</b>   |  |              |             |             |               |               |             |
| 1A                    | <a href="#">Side plank</a>                       | 212          | 3           | 4 x 10 sec  |               | 7             | NA          |
| 1B                    | <a href="#">DB Goblet squat lateral rocker</a>   | NA           | 3           | 8 each      |               | 5             | 90          |
| 2A                    | <a href="#">BB deadlifts</a>                     | NA           | 20          | 1           |               | 8             | 30          |
| 3A                    | <a href="#">Elastic Pull Aparts</a>              | NA           | 4           | 20          |               | 7             | NA          |
| 3B                    | <a href="#">Barbell Hip Thrust</a>               | 121          | 4           | 15          |               | 9             | 60          |
| 4A                    | <a href="#">Pushup Pop Press</a>                 | 212          | 3           | 8 each      |               | 7             | NA          |
| 4B                    | <a href="#">Batwing Rows</a>                     | NA           | 3           | 4 x 10 sec  |               | 9             | 60          |
| 5A                    | <a href="#">plank 1-arm elastic rows</a>         | 212          | 3           | 12 each     |               | 9             | NA          |
| 5B                    | <a href="#">½ kneeling rope chops</a>            | 323          | 3           | 8 each      |               | 7             | 60          |

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