

**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="#">Wall facing hip circles</a>	212	1	10 each	NA	4	NA
	<a href="#">Goalie Stretch</a>	212	1	10 each	NA	4	NA
	<a href="#">3-point rockback rotations</a>	333	1	10 each	NA	3	NA
	<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
	<a href="#">Glute bridge March</a>	212	1	20 each	medium	4	NA
	<a href="#">Butterfly Hip Flow Series</a>	NA	1	10 each	BW	5	NA
	<b>Working sets</b>						
1A	<a href="#">Overhead Stepback Lunge</a>	222	4	8 each		8	NA
1B	<a href="#">DB Plate Squeeze Chest Press</a>	333	4	12		7	60
2A	<a href="#">Bear Squats</a>	212	3	30		8	60
2B	<a href="#">DB Row</a>	222	3	12 each		7	60
3A	<a href="#">Bird Dog Neuro Pulse</a>	212	3	5 x 10 sec		8	NA
3B	<a href="#">DB Shoulder carries</a>	NA	3	30 yards		8	60
4A	<a href="#">DB Pull overs</a>	222	3	10		6	NA
4B	<a href="#">Lateral Slide Pushups</a>	212	3	6 each		7	60

All rights reserved, Somerset Fitness& Marketing, LLC, 2014. No unauthorized reproduction without permission

**Day Two**

	<b>Exercise</b>	<b>Tempo</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>RPE/10</b>	<b>Rest</b>
	<b>Warm up Series</b>						
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">Wall facing hip circles</a>	212	1	10 each	NA	4	NA
	<a href="#">Goalie Stretch</a>	212	1	10 each	NA	4	NA
	<a href="#">3-point rockback rotations</a>	333	1	10 each	NA	3	NA
	<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
	<a href="#">Glute bridge March</a>	212	1	20 each	medium	4	NA
	<a href="#">Butterfly Hip Flow Series</a>	NA	1	10 each	BW	5	NA
	<b>Working sets</b>						
1A	<a href="#">Hard stomps (no spine flexion)</a>	NA	4	5 each		9	NA
1B	<a href="#">Lateral Lunge Front Pulse</a>	212	4	8 each		7	60
2A	<a href="#">High box step ups</a>	212	3	8 each		8	NA
2B	<a href="#">DB twisting Chest Press</a>	222	3	8 each		8	60
3A	<a href="#">Standing Alternating Row</a>	222	3	12 each		8	NA
3B	<a href="#">Squat Hops</a>	NA	3	30		9	60
4A	<a href="#">KB/DB Swing</a>	NA	2	100		10	60

All rights reserved, Somerset Fitness& Marketing, LLC, 2014. No unauthorized reproduction without permission

**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="#">Wall facing hip circles</a>	212	1	10 each	NA	4	NA
	<a href="#">Goalie Stretch</a>	212	1	10 each	NA	4	NA
	<a href="#">3-point rockback rotations</a>	333	1	10 each	NA	3	NA
	<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
	<a href="#">Glute bridge March</a>	212	1	20 each	medium	4	NA
	<a href="#">Butterfly Hip Flow Series</a>	NA	1	10 each	BW	5	NA
	<b>Working sets</b>						
1A	<a href="#">Front Loaded Skater Squats</a>	212	4	6 each		7	NA
1B	<a href="#">DB Goblet Squats</a>	111	4	30		8	60
2A	<a href="#">DB 360 Lateral Raise</a>	222	3	15 each		9	NA
2B	<a href="#">2 foot elevated Split Squat</a>	222	3	12 each		9	60
3A	<a href="#">Lunge to back rotations</a>	222	4	8 each		6	NA
3B	<a href="#">4-point Hip Rotation</a>	NA	4	10 each		8	60
4A	<a href="#">DB incline/seated Biceps curls</a>	222	3	20		8	NA
4B	<a href="#">DB skull crushers</a>	222	3	20		8	60

All rights reserved, Somerset Fitness& Marketing, LLC, 2014. No unauthorized reproduction without permission

**Day Four**

	<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="#">Wall facing hip circles</a>	212	1	10 each	NA	4	NA
	<a href="#">Goalie Stretch</a>	212	1	10 each	NA	4	NA
	<a href="#">3-point rockback rotations</a>	333	1	10 each	NA	3	NA
	<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
	<a href="#">Glute bridge March</a>	212	1	20 each	medium	4	NA
	<a href="#">Butterfly Hip Flow Series</a>	NA	1	10 each	BW	5	NA
	<b>Working sets</b>						
1A	<a href="#">Side Plank Rotations</a>	222	4	8 each		7	NA
1B	<a href="#">Turkish Get Up</a>	NA	4	2 each		7	60
2A	<a href="#">Bird Dog Neuro Pulse</a>	NA	3	5 x 10 sec		6	NA
2B	<a href="#">Lateral Lunge w/ Overhead Drive</a>	NA	3	10 each		8	60
3A	<a href="#">DB Rows</a>	111	3	12		8	NA
3B	<a href="#">Spiderman Pushups</a>	212	3	8 each		9	60
4A	<a href="#">Inside Out Squat Jumps</a>	NA	3	40		10	NA
4B	<a href="#">Offset Cossack Squats</a>	222	3	6 each		8	60

All rights reserved, Somerset Fitness& Marketing, LLC, 2014. No unauthorized reproduction without permission