

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
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Hip Rocking Matrix	212	1	5 each	NA	4	NA
	Body weight squat	212	1	20	BW	6	NA
	Divebomber Pushups	212	1	10	BW	6	NA
Working sets							
1A	1 foot deadlift	212	3	8 each		6	NA
1B	Plank walkouts	222	3	10 each		4	45
2A	DB rear foot elevated split squat	212	3	8 each	BW	5	NA
2B	DB bench Rows	212	3	12 each		6	45
3A	3-point hip grind stretch	212	3	8 each		8	NA
3B	Bear cub crawl	212	3	20 yards		8	45
	Finisher**	NA	3	10 each		9	45
			Body weight	or		Jump Squats	
			DB Overhea				
			Body weight	or		Jump Squats	
			Pushups				
			Body weight	or		Jump Squats	
			Pushup alte				

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Day Two

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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
Side plank	NA	1	3 x 10 secs	NA	6	NA
Hip Rocking Matrix	212	1	5 each	NA	4	NA
Body weight squat	212	1	20	BW	6	NA
Divebomber Pushups	212	1	10	BW	6	NA

Working sets

1A	Lunge to back rotations	212	3	8 each	7	NA
1B	ITYW shoulder raise	212	3	10 each	5	45
2A	DB Goblet Squats	212	3	8 each	6	NA
2B	Bench facing rear flye	222	3	12	7	45
3A	Suitcase carries	222	4	20 yards	7	NA
3B	Heel touch stepups	212	4	8 each	8	45

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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
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Hip Rocking Matrix	212	1	5 each	NA	4	NA
	Body weight squat	212	1	20	BW	6	NA
	Divebomber Pushups	212	1	10	BW	6	NA
Working sets							
1A	1-leg elastic squats	212	3	8 each		7	NA
1B	Hand walk Cossack squats	212	3	8 each		8	45
2A	½ kneeling chops	212	4	10		8	NA
2B	Elbow to knee repeating bird dog	212	4	15 each		4	45
3A	Uneven loaded stepback lunges	212	4	5 each		7	NA
3B	Pushups	212	4	max reps		8	45
	Finisher	3 rounds	15 seconds on, 15 seconds off			9	45
			Split squats				
			Side planks – 15 seconds each side				
			Front Planks				
			Bear Squats - max reps				

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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
Side plank	NA	1	3 x 10 secs	NA	6	NA
Hip Rocking Matrix	212	1	5 each	NA	4	NA
Body weight squat	212	1	20	BW	6	NA
Divebomber Pushups	212	1	10	BW	6	NA

Working sets

1A	Bench supported row	212	3	8	7	NA
1B	Hip Press Shoulder Reach	212	3	8 each	6	45
2A	Bear Squats	212	3	15	8	NA
2B	DB Goblet lateral lunge	212	3	8	8	45
3A	Dumbbell stepups	222	3	6 each	7	NA
3B	Kneeling T-spine rotation	222	3	10	8	45

Finisher

10 minute steady steady state cardio. Doing any activity that's handy. If you have a piece of cardio equipment, use that. If not, go for a walk or jog at a moderate pace where you could still talk but where you would have to work hard to maintain.