

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
	Wall facing hip circles	212	1	10 each	NA	4	NA
	Goalie Stretch	212	1	10 each	NA	4	NA
	3-point rockback rotations	333	1	10 each	NA	3	NA
	Shoulder Tap Pushup	212	1	8 each	BW	6	NA
	Glute bridge March	212	1	20 each	medium	4	NA
	Butterfly Hip Flow Series	NA	1	10 each	BW	5	NA
	Working sets						
1A	Bird Dog Neuro Pulse	NA	3	5 x 10 sec		6	NA
1B	DB Plate Squeeze Chest Press	333	3	12		7	45
2A	Side Plank Rotations	222	2	8 each		7	NA
2B	Turkish Get Up	NA	2	2 each		7	45
3A	Bear Squats	212	2	30		8	NA
3B	DB Row	222	2	12 each		7	45
4A	Bird Dog Neuro Pulse	212	2	5 x 10 sec		8	NA
4B	DB Shoulder carries	NA	2	30 yards		8	45
5A	DB Pull overs	222	2	10		6	NA
5B	Lateral Slide Pushups	212	2	6 each		7	45

Metabolic Conditioning: Farmer carry 2 weights that equal your body weight combined as far as possible, 30 kettlebell swings, run 0.25 miles as fast as possible. Rest 1 minute. Repeat 5 times.

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Day Two

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	Wall facing hip circles	212	1	10 each	NA	4	NA
	Goalie Stretch	212	1	10 each	NA	4	NA
	3-point rockback rotations	333	1	10 each	NA	3	NA
	Shoulder Tap Pushup	212	1	8 each	BW	6	NA
	Glute bridge March	212	1	20 each	medium	4	NA
	Butterfly Hip Flow Series	NA	1	10 each	BW	5	NA
	Working sets						
1A	Hard stomps (no spine flexion)	NA	3	5 each		9	NA
1B	Lateral Lunge Front Pulse	212	3	8 each		7	60
2A	Front Loaded Skater Squats	212	2	6 each		7	NA
2B	High box step ups	212	2	8 each		8	60
3A	DB twisting Chest Press	222	2	8 each		8	NA
3B	DB Goblet Squats	111	2	30		8	60
4A	Standing Alternating Row	222	2	12 each		8	NA
4B	Squat Hops	NA	2	30		9	60
5A	KB/DB Swing	NA	2	100		10	60

Metabolic Conditioning: Using either a hill, long set of stairs, or stair climber machine. Run/walk up at a max speed, recover for 1 minute, walk back down. Repeat 5 times. For stairmaster, Complete 10 minutes at a constant speed with RPE of 7/10