

**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**

<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">SMR front arm line</a>	NA	1	NA	NA	2	NA
<a href="#">Side plank</a>	NA	1	3 x 10 secs	NA	6	NA
<a href="#">Hip Rocking Matrix</a>	212	1	5 each	NA	4	NA
<a href="#">Body weight squat</a>	212	1	20	BW	6	NA
<a href="#">Divebomber Pushups</a>	212	1	10	BW	6	NA

**Working sets**

1A	<a href="#">1 foot deadlift</a>	212	3	8 each		6	NA
1B	<a href="#">Kneeling T-spine rotation</a>	222	3	10 each	BW	4	90
2A	<a href="#">Lunge to back rotations</a>	333	3	8 each	BW	5	NA
2B	<a href="#">DB rear foot elevated split squat</a>	212	3	8 each		7	90
3A	<a href="#">DB bench Rows</a>	212	3	12 each		6	NA
3B	<a href="#">T Pushups</a>	212	3	8 each	BW	7	90
4A	<a href="#">Assisted Cossack squat</a>	212	3	8 each	BW	6	NA
4B	<a href="#">Bear cub crawl</a>	NA	3	20 feet	BW	8	90

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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>
	<b>Warm up Series</b>						
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">SMR front arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Side plank</a>	NA	1	3 x 10 secs	NA	6	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	NA	4	NA
	<a href="#">Body weight squat</a>	212	1	20	BW	6	NA
	<a href="#">Divebomber Pushups</a>	212	1	10	BW	6	NA
	<b>Working sets</b>						
1A	<a href="#">Long lunge to back rotation</a>	333	3	8 each		5	NA
1B	<a href="#">Hand walk Cossack squats</a>	212	3	8 each		6	90
2A	<a href="#">Bench 1.5 hip press</a>	212	3	10		8	NA
2B	<a href="#">Deep squat internal/external rotations</a>	222	3	8 each		7	90
3A	<a href="#">Bench facing rear flye</a>	222	3	12		7	NA
3B	<a href="#">Lateral Crawl pattern</a>	NA	3	20 feet		8	90
	<a href="#">Pushups</a>	212	3	max reps		7	NA
	<a href="#">Heel touch stepups</a>	212	3	8 each		7	90

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