

Day One

Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
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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	1 foot deadlift	212	4	8 each		6	NA
1B	ITYW shoulder raise	212	4	10 each		4	45
2A	DB rear foot elevated split squat	212	4	8 each	BW	5	NA
2B	DB bench Rows	212	4	12 each		6	45
3A	Assisted Cossack squat	212	4	8 each		8	NA
3B	BB or DB Farmer Carries	212	4	20 yards		8	45
4	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

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
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	Deep squat landmine press	212	3	10 each		5	45
2A	Deep squat internal/external rotations	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
4	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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