

**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**

|                                    |     |   |             |    |   |    |
|------------------------------------|-----|---|-------------|----|---|----|
| <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 | 4 | 8 each  |    | 6 | NA |
| 1B | <a href="#">Plank walkouts</a>                    | 212 | 4 | 8 each  | BW | 7 | 90 |
| 2A | <a href="#">DB rear foot elevated split squat</a> | 212 | 4 | 8 each  | BW | 7 | NA |
| 2B | <a href="#">T Pushups</a>                         | 212 | 4 | 8 each  | BW | 7 | 90 |
| 3A | <a href="#">Assisted Cossack squat</a>            | 212 | 4 | 8 each  | BW | 6 | NA |
| 3B | <a href="#">Bear cub crawl</a>                    | NA  | 4 | 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="#">Lunge to back rotations</a>                | 333          | 3           | 8 each      |               | 7             | NA          |
| 1B | <a href="#">ITYW shoulder raise</a>                    | 212          | 3           | 10 each     |               | 6             | 90          |
| 2A | <a href="#">Deep squat internal/external rotations</a> | 222          | 3           | 8 each      |               | 6             | NA          |
| 2B | <a href="#">Bench facing rear flye</a>                 | 222          | 3           | 12          |               | 7             | 90          |
| 3A | <a href="#">Lateral Crawl pattern</a>                  | NA           | 4           | 20 feet     |               | 7             | NA          |
| 3B | <a href="#">Heel touch stepups</a>                     | 212          | 4           | 8 each      |               | 7             | 90          |

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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> |
|----|--------------------------------------------------|--------------|-------------|-------------|---------------|---------------|-------------|
|    | <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="#">1-leg elastic squats</a>             | 212          | 3           | 8 each      |               | 7             | NA          |
| 1B | <a href="#">Hand walk Cossack squats</a>         | 212          | 3           | 8 each      |               | 8             | 90          |
| 2A | <a href="#">Bench 1.5 hip press</a>              | 212          | 4           | 10          |               | 8             | NA          |
| 2B | <a href="#">Elbow to knee repeating bird dog</a> | 212          | 4           | 15 each     |               | 4             | 90          |
| 3A | <a href="#">Uneven loaded stepback lunges</a>    | 212          | 4           | 5 each      |               | 7             | NA          |
| 3B | <a href="#">Pushups</a>                          | 212          | 4           | max reps    |               | 8             | 90          |

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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> |
|-----------------|--------------|-------------|-------------|---------------|---------------|-------------|
|-----------------|--------------|-------------|-------------|---------------|---------------|-------------|

**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="#">Bench supported row</a>       | 212 | 4 | 8       | 7 | NA |
| 1B | <a href="#">4 point hip rotation kick</a> | 212 | 4 | 20      | 6 | 90 |
| 2A | <a href="#">Kneeling T-spine rotation</a> | 222 | 4 | 10 each | 4 | NA |
| 2B | <a href="#">DB Goblet lateral lunge</a>   | 212 | 4 | 8 each  | 8 | 90 |
| 3A | <a href="#">Dumbbell stepups</a>          | 222 | 4 | 6 each  | 7 | NA |
| 3B | <a href="#">Squat Hops</a>                | 222 | 4 | 20      | 8 | 90 |

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