

**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="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

5 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

**Working sets**

1A	<a href="#">Kneeling KB Halo</a>	212	3	10 each	6	NA
1B	<a href="#">Sprinter Stride to Knee Raise</a>	214	3	20 each	8	45
2A	<a href="#">Turducken Get Up</a>	232	3	1 each	6	NA
2B	<a href="#">Lateral Lunge with Pulse</a>	222	3	10 each	7	45
3A	<a href="#">DB Clean to Press</a>	212	3	12 each	8	NA
3B	<a href="#">Down Dog Lunge to Rotation</a>	NA	3	8 each	4	45

Finisher

[KB 312.com](#)

3 cleans, 1 press, 2 front squats  
complete 1 circuit every 30 seconds  
8 minutes total time

Can Use dumbbells in place of kettlebells

**Day Two**

<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="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

5 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

**Working sets**

1A	<a href="#">2 KB Tall Kneeling to Standing</a>	NA	3	5 each	6	NA
1B	<a href="#">DB Goblet Squat</a>	212	3	20	8	45
2A	<a href="#">Standing BB/DB curls</a>	313	3	15	7	NA
2B	<a href="#">Inside Out Squats</a>	222	3	30	8	45
3A	<a href="#">DB 1-arm Squat &amp; Press</a>	212	3	10 each	8	NA
3B	<a href="#">1-leg Abducted Deadlift</a>	212	3	8 each	6	45

**Finisher**[KB swing super series](#)

20 swings every 30 seconds for 10 minutes.

Once 20 swings is complete, remainder of 30 secs

is rest period.

Can use a dumbbell in place of a kettlebell

**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="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

5 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

**Working sets**

1A	<a href="#">Side plank</a>	NA	3	4 x 10 sec	7	NA
1B	<a href="#">DB Goblet squat lateral rocker</a>	NA	3	10 each	5	45
2A	<a href="#">Slow Pushups with Iso Hold</a>	333	3	5 TO 8	8	NA
2B	<a href="#">Plate Hip Thrusts</a>	NA	3	30	7	45
3A	<a href="#">1-arm clean squat to press</a>	212	3	20 each	6	NA
3B	<a href="#">BB or DB Farmer Carries</a>	212	3	20 feet each	7	45
4A	<a href="#">Down Dog Lunge to Rotation</a>	212	3	6 each	6	NA
4B	<a href="#">Rolling Cossack</a>	323	3	8 each	7	45

Finisher	3 rounds	<a href="#">Inside Out S</a>	20 reps
	No rest	<a href="#">Bear Cub Cr</a>	30 yards
		<a href="#">Inside Out S</a>	20 reps
		<a href="#">Pushups to failure</a>	

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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**

<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="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

5 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

**Working sets**

1A	<a href="#">Backwards Crawl</a>	NA	3	30 feet	7	NA
1B	<a href="#">DB Goblet Stepback Lunge</a>	323	3	10 each	7	45
2A	<a href="#">Pushup Pop Press</a>	212	3	8 each	7	NA
2B	<a href="#">Batwing Rows</a>	NA	3	4 x 10 sec	9	45
3A	<a href="#">KB/DB Jerk Press</a>	323	3	10 each	7	NA
3B	<a href="#">DB/KB Kettlebell swings</a>	323	3	2 x 20**	8	45

Finisher

Easy walk or bike

20 mintes, aerobic, low intensity. RPE of 5/10 or less

\*\* Do 20 reps, rest 15-20 seconds, do another 20 reps, and that counts as one set