

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
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	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	Kneeling KB Halo	212	2	10 each		6	NA
1B	Sprinter Stride to Knee Raise	214	2	20 each		8	45
2A	Turducken Get Up	232	2	1 each		6	NA
2B	Lateral Lunge with Pulse	222	2	8 each		7	45
3A	DB Clean to Press	212	2	12 each		8	NA
3B	Down Dog Lunge to Rotation	NA	2	8 each	BW	4	45
4A	Slow Pushups with Iso Hold	333	2	5 TO 8		8	NA
4B	Plate Hip Thrusts	NA	2	30		7	45

Finisher

[KB 312 com](#)

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

Can use a dumbbell in place of a kettlebell

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

SMR lower body	NA	1	NA	NA	2	NA
SMR front arm line	NA	1	NA	NA	2	NA
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	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	Backwards Crawl	NA	2	30 feet	7	NA
1B	DB Goblet Stepback Lunge	323	2	10 each	7	60
2A	Standing BB/DB curls	313	2	15	7	NA
2B	Inside Out Squats	222	2	30	8	60
3A	DB 1-arm Squat & Press	212	2	10 each	8	NA
3B	1-leg Abducted Deadlift	212	2	8 each	6	60
4A	KB/DB Jerk Press	323	2	10 each	7	NA
4B	DB/KB Kettlebell swings	323	2	2 x 20**	8	60

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

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