

April 2019 Training Program

Strength	Abs	Cardio
<p>Day 1:</p> <ol style="list-style-type: none"> 1. TGU x 1/1 2. Kettlebell SLDL 3 x 5/5 3. Front Squat 3 x 5 4. Walkout + PU 3 x 10 5. Double Arm Press 3 x 10 	<p>Day 2:</p> <ol style="list-style-type: none"> 1. Deadbug 5 x 10/10 2. L-Sit Sit-Ups x 30 3. Bicycle crunch 3 x 1 min 4. Hanging leg raises 3 x 10 	<p>Day 3:</p> <ol style="list-style-type: none"> 1. Stadium Stairs As many sets as you can do in 30 mins.
<p>Day 4:</p> <ol style="list-style-type: none"> 1. TGU x 2/2 2. Heavy KB Swing 5 x 5 3. Goblet Squat 3 x 15 4. Push Ups 3 x 15 5. Bent Over Row 3 x 15 	<p>Day 5:</p> <ol style="list-style-type: none"> 1. Leg drops 3 x 10 2. Hollow Rocking 3 x :30 3. Sit Up 3 x Max in 1 min 4. Plank x 2 min, 1 min, :45,:30 5. Deadbug 5 x 10/10 	<p>Day 6:</p> <ol style="list-style-type: none"> 1. 20 mins of kettlebell swings, any variety including high pulls, keep HR 130-165max.
<p>Day 7:</p> <ol style="list-style-type: none"> 1. TGU x 3/3 2. Front Squat 4 x 5 3. Walking Lunges 3 x 1 min 4. Hang 5 x 1 min or max 5. Kettlebell Swing 5 x 20 	<p>Day 8:</p> <ol style="list-style-type: none"> 1. Deadbug 5 x 10/10 2. L-Sit Sit-Ups x 30 3. Bicycle crunch 3 x 1 min 4. Hanging leg raises 3 x 10 5. Leg Drops 3 x 10 6. Flutter kicks 1 x max time 	<p>Day 9:</p> <ol style="list-style-type: none"> 1. Jump Rope x 10 mins 2. Mt Climbers 5 x :30 3. KB Swings :30 on :30 off x 10 mins 4. Walkouts x 20
<p>Day 10:</p> <ol style="list-style-type: none"> 1. TGU x 4/4 2. Handstand hold on wall 3x 3. Hand to Hand Swing 5 x 20 4. Push Ups 5 x 10 OTM 5. Crawl 5 x 1 min 	<p>Day 11:</p> <ol style="list-style-type: none"> 1. Leg drops 3 x 10 2. Hollow Rocking 3 x :30 3. Sit Up 3 x Max in 1 min 4. Plank x 2 min, 1 min, :45,:30 5. Deadbug 5 x 10/10 6. Flutter Kicks 2 x max time 	<p>Day 12:</p> <ol style="list-style-type: none"> 1. Swing/Burpee x 10/10 down to 1/1 set timer for 10 minutes. <p>Use an appropriate size kettlebell!</p>

Call, Text, Message me if you have any questions!

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