

# November 2018 Training Program

Upper Body	Lower Body	Conditioning
<p><b>Day 1:</b>  <b>Circuit 1: 3 Rounds</b>            Strict Press x 8            Push Up x 10            Overhead Hold x 1 min</p> <p><b>Circuit 2: 3 Rounds</b>            Bent Over Row x 10            Pull Downs x 10</p> <p><b>Abs:</b>            L-Sit ups 10 x 10</p>	<p><b>Day 2:</b>  <b>Circuit 1: 3 Rounds</b>            Kettlebell Front Squat x 10            Walking Lunge x 20            Wall Sit x :30 seconds</p> <p><b>Circuit 2: 3 Rounds</b>            Single Leg Deadlift x 10 per side            Goblet Squat x 20            Bowler Lunge x 10 per side</p> <p><b>Finish:</b> 200 kettlebell swings</p>	<p><b>Day 3:</b>  <b>Hill Sprints x 20 mins</b>            Either outside, stadium stairs, or treadmill.</p> <p>Get to about 80-85% max speed for :30-:45 seconds. Rest as needed and get as many sets in as you can in 20 mins.</p>
<p><b>Day 4:</b>  <b>Circuit 1: 3 Rounds</b>            Dips            Crab Walks            Handstand Hold            Crawl</p> <p><b>Circuit 2: 3 Rounds</b>            Kettlebell Cleans            Bicep Curls</p> <p><b>Abs:</b>            Plank 5 x :30 seconds</p>	<p><b>Day 5:</b>  <b>Circuit 1: 3 Rounds</b>            Heavy Goblet Squat x 5            Reverse Lunges x 10 per side            Mt Climber x 1:00 min</p> <p><b>Circuit 2: 3 Rounds</b>            Walking Lunge x :30 seconds            B.Weight Squat x :30 seconds            Burpee x :30 seconds</p> <p><b>Finish:</b>            TGU x 10 per side</p>	<p><b>Day 6:</b>  <b>2 Mile Run</b>            Track your time, try to beat it week 4.</p>
<p><b>Day 7:</b>  <b>Circuit 1: 3 Rounds</b>            Seesaw Press            Double Press            Walkout</p> <p><b>Circuit 2: 3 Rounds</b>            Standing Row            Lateral Shoulder Raises</p> <p><b>Abs:</b>            Bicycle Crunches 5 x 20</p>	<p><b>Day 8:</b>  <b>Circuit 1: 3 Rounds</b>            Walking Lunge x 20            Mt Climber x 1:00</p> <p><b>Circuit 2: 3 Rounds</b>            Goblet Squat x 10            Kettlebell Swing x 20            Burpee x 10</p> <p><b>Abs: 5 Rounds</b>            Double Leg Drops x 10            Flutter kicks x :30</p>	<p><b>Day 9:</b>  <b>Swing Burpee x 10/10 to 1/1</b></p> <p>2 hand swings starting with 10 reps, and 10 burpees, then immediately into 9 swings, 9 burpees, ladder down to 8/8, 7/7.... All the way to 0/0.</p> <p>Use an appropriate size bell. You can modify these exercises if needed. Or try 10 minute run for distance.</p>



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<b>Day 10:</b> <b>Circuit 1: 3 Rounds</b> Crawl Crab Walk Overhead Hold  <b>Circuit 2: 3 Rounds</b> Bicep Burnout  <b>Abs:</b> Hollow Holds 3 x :45 seconds	<b>Day 11:</b> <b>Circuit 1: 3 Rounds</b> Squat 5 x 10 Wall Sit x :30  <b>Circuit 2: 3 Rounds</b> Reverse Lunges x 5/5 Goblet Squat x 5 Walkouts x 10  <b>Finish:</b> TGU x 10 per side	<b>Day 12:</b> <b>2 Mile Run</b> Try to beat your time from week 2.

*You can swap any kettlebell lifts like presses, rows, etc for dumbbell exercises. The kettlebell swings are the only true KB skill.*

*For your 2 mile runs, you can run, walk, or a combo, just try to get the best time possible.*