

December 2018 Training Program

Heavy Resistance	Endurance	Circuit Day
<p>Day 1: Warm up: Upper Body Rolls TGU KB Halos</p> <ol style="list-style-type: none"> 1. Heavy Swing 8 x 5 2. Heavy Squat 8 x 5 3. Walking Lunge 3 x 1 min 4. Deadlift 3 x 20 <p>Abs: Sit up 3 x 20 L-Sit style</p>	<p>Day 2: Warm up: KB Halos Frog Stretch Brettzel 1.0</p> <ol style="list-style-type: none"> 1. Kettlebell Swing x 20 OTM x 10 mins 2. Clean & Press x :30 on :30 off x 10 mins 3. Kettlebell Overhead Hold 3 x 1 min <p>Abs: Plank 5 x 1 min</p>	<p>Day 3: Warm up: Deadbug Brettzel 2.0 TGU</p> <p>:30 each exercise, get through as many rounds in 30 mins:</p> <ol style="list-style-type: none"> 1. Pull up (or hang) 2. Double Press 3. Deadlift 4. Squat 5. Crawl 6. Push up 7. Walking Lunge 8. Swing
<p>Day 4: Warm up: Upper Body Rolls TGU KB Halos</p> <ol style="list-style-type: none"> 1. Heavy Swing 10 x 5 2. Heavy Squat 10 x 5 3. Walking Lunge with weight 3 x 1 min 4. Bulgarian Split Squat 5 x 5/5 <p>Abs: Bicycle Crunch 3 x 1 min</p>	<p>Day 5: Warm up: KB Halos Frog Stretch Brettzel 1.0</p> <ol style="list-style-type: none"> 1. Kettlebell Swing x 300 reps 2. SeeSaw Press 5 x 10/10 3. Pull up 5 x 5 (or hang :30) 4. Walkout + Pushup x 20 <p>Abs: Hollow Hold 5 x 1 min</p>	<p>Day 6: Warm up: Deadbug Brettzel 2.0 TGU</p> <p>30 mins AMRAP</p> <p>Deadlift x 10 Swing x 10 Squat x 10 Walkout (no pushup) x 10 Plank x 1 min</p>
<p>Day 7: Warm up: Upper Body Rolls TGU KB Halos</p> <ol style="list-style-type: none"> 1. Heavy Swing 5 x 8 2. Heavy Squat 5 x 8 3. Walking Lunge with weight 3 x 1 min 4. Hill Sprint 10 x :30 <p>Abs: Russian Twist 3 x 1 min</p>	<p>Day 8: Warm up: KB Halos Frog Stretch Brettzel 1.0</p> <ol style="list-style-type: none"> 1. Kettlebell Swing x 300 reps 2. Kettlebell Clean 5 x 10 3. Push up 3 x 10 4. Push Press 3 x 10 <p>Abs: Leg Drops 5 x 10</p>	<p>Day 9: Warm up: Deadbug Brettzel 2.0 TGU</p> <p>30 mins AMRAP</p> <p>Goblet Squat x 10 Lunge x 5/5 Wall Sit x :30 Swing x 20 Deadlift x 20</p>



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<p>Day 10: Warm up: Upper Body Rolls TGU KB Halos</p> <ol style="list-style-type: none"> 1. Heavy Swing 5 x 5 2. Heavy Squat 5 x 5 3. Walking Lunge x Max (lunge until you cant) 4. Goblet Squat x Max (one set, squat until you cant) <p>Abs: Plank 5 x 1 min</p>	<p>Day 11: Warm up: KB Halos Frog Stretch Brettzel 1.0</p> <ol style="list-style-type: none"> 1. Kettlebell Swing 20 x 20 2. Crawling 3 x 1 min 3. Push Up 5 x 8 4. Bent Over Row 3 x 10 <p>Abs: Sit up 3 x 20 L-Sit style</p>	<p>Day 12: Warm up: Deadbug Brettzel 2.0 TGU</p> <p>Double Ladder</p> <p>Pick an body weight exercise: Push up, Squat, Lunge, Sit Up</p> <p>Set 1: 20 reps Set 2: 1 rep Set 3: 19 reps Set 4: 2 reps Set 5: 18 reps Set 6: 3 reps Set 7: 17 reps Set 8: 4 reps Set 9: 16 reps Set 10: 5 reps Set 11: 15 reps Set 12: 6 reps Set 13: 14 reps Set 14: 7 reps Set 15: 13 reps Set 16: 8 reps Set 17: 12 reps Set 18: 9 reps Set 19: 11 reps Set 20: 10 reps</p> <p>Between sets walk 5-10 steps for rest then get back into it. Goal is to finish as quick as possible.</p>