

February 2019 Training Program

Heavy Resistance	Endurance	Circuit Day
Day 1: 1. Push up x Max 2. Swings 5 x 10 3. Bear Crawl 3 x :30 4. Hang from bar x :30+ 5. Toes to Bar x 5	Day 2: 1. Push up 3 x 1, 2, 3 2. Swings 5 x 10 3. TGU 3 x 1/1 4. Hang from bar x :30+ 5. Toes to Bar x 5	Day 3: 1. Push up x 5, 4, 3, 2, 1 2. Swings 5 x 10 3. PU Walk x 10 steps 4. Hang from bar x :30+ 5. Toes to Bar x 5
Day 4: 1. Push up 4 x 1, 2, 3 2. Swings 10 x 10 3. Bear Crawl 5 x :30 4. Hang from bar x 1:00+ 5. Toes to Bar x 10	Day 5: 1. Push up 3 x 5 2. Swings 10 x 10 3. TGU 5 x 1/1 4. Hang from bar x 1:00+ 5. Toes to Bar x 10	Day 6: 1. Push up 5 x 1, 2, 3 2. Swings 10 x 10 3. PU Walk x 20 steps 4. Hang from bar x 1:00+ 5. Toes to Bar x 10
Day 7: 1. Push up x 5, 5, 4, 3, 2, 1 2. Swings x 10 every :30 x 15 min 3. Bear Crawl x 2:00 4. Hand stand on wall 3 x :30 or Press x 10 5. Sit Up x 20	Day 8: 1. Push up 6 x 2, 3 2. Swings x 10 every :30 x 15 min 3. TGU 3 x 2/2 4. Hand stand on wall 3 x :30 or Press x 10 5. Sit Up x 20	Day 9: 1. Push up x 5, 5, 5, 3, 2 2. Swings x 10 every :30 x 15 min 3. PU Walk x 30 steps 4. Hand stand on wall 3 x :30 or Press x 10 5. Sit Up x 20
Day 10: 1. Push up 5 x 5 2. Swing x 20 OTM x 10 min 3. Bear Crawl x 3:00 4. Hand stand on wall 3 x 1:00 or Press x 10 5. Sit Up x 40	Day 11: 1. No push ups 2. Swing x 20 OTM x 10 min 3. TGU 5 x 2/2 4. Hand stand on wall 3 x :30 or Press x 10 5. Sit Up x 40	Day 12: 1. Push up x Max (retest to day 1) 2. Swing x Max in 10 mins 3. Sit up x Max in 5 mins

This is very shoulder intensive and body weight intensive. If you need modifications please let me know. Everyone should be able to regress this stuff or at least use a pull up machine at the gym to decrease the resistance.

The video library is currently in process of being uploaded to YouTube. We had too many issues with Vimeo and what they charged us. So if you need a video of anything let me know.

Kris Moulton
 moultonkettlebell@gmail.com
 (402) 452-7598

