

March 2019 Training Program

Pull	Push	Endure
<p>Day 1:</p> <ol style="list-style-type: none"> 1. Pull up x 5,4,3,2,1 2. Hang from bar 3 x :30 3. Bent Over Row 3 x 15 4. KB Single Arm High Pull 3 x 10/10 5. KB Double Bell Clean 3 x 10 	<p>Day 2:</p> <ol style="list-style-type: none"> 1. Push-up x 10,9,8...2,1 2. Handstand hold (on wall) 3 x :30 3. Kettlebell Press 3 x 10/10 4. KB Tricep Extensions 3 x 10 5. Crawling 3 x 1 min 	<p>Day 3:</p> <ol style="list-style-type: none"> 1. KB Swing x 30 mins As many swings as you can (QUALITY ONLY) <p>This should be taxing by your HR should be between 135-165</p>
<p>Day 4:</p> <ol style="list-style-type: none"> 1. Single Arm Row 5 x 10/10 2. Heavy KB Swings 5 x 10 3. Walking Lunges 3 x 1 min 4. Bicep Curls 3 x Max 	<p>Day 5:</p> <ol style="list-style-type: none"> 1. KB Floor Press 3 x 10/10 2. Bench Dips 3 x 10 3. KB Seesaw Press 3 x 10/10 4. Front Squat 5 x 5 5. TGU 3 x 1/1 	<p>Day 6:</p> <ol style="list-style-type: none"> 1. Circuit x 30 mins AMRAP Swing x :30 Squat x :30 Press x :30 Thruster x :30 Walkout x :30 Push Up x :30 Plank x :30 Sit-Up x :30
<p>Day 7:</p> <ol style="list-style-type: none"> 1. Pull up x 6,5,4,3,2 2. Hang from bar 3 x Max 3. Bent Over Row 3 x 15 4. KB Single Arm High Pull 3 x 10/10 5. KB Double Bell Clean 3 x 10 	<p>Day 8:</p> <ol style="list-style-type: none"> 1. Push-up x 15,14,13...3,2,1 2. Handstand hold (on wall) 3 x Max 3. Kettlebell Press 3 x 10/10 4. KB Tricep Extensions 3 x 10 5. Crawling 3 x 2 min 	<p>Day 9:</p> <ol style="list-style-type: none"> 1. 1 Mile Run
<p>Day 10:</p> <ol style="list-style-type: none"> 1. Single Arm Row 5 x 10/10 2. Heavy KB Swings 5 x 10 3. Walking Lunges 3 x 1 min 4. Bicep Curls 3 x Max 	<p>Day 11:</p> <ol style="list-style-type: none"> 1. KB Floor Press 3 x 10/10 2. Bench Dips 3 x 10 3. KB Seesaw Press 3 x 10/10 4. Front Squat 5 x 5 5. TGU 3 x 1/1 	<p>Day 12:</p> <ol style="list-style-type: none"> 1. KB Swing x 30 mins As many swings as you can (QUALITY ONLY) <p>This should be taxing by your HR should be between 135-165</p>

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

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



MoultonKettlebell@gmail.com