

EXTREME KETTLEBELL 1 AND 2 COMBINED 6 WEEK PROGRAM

Name:			Start Date:														
Week 1		Week 2		Week 3		Week 4		Week 5		Week 6							
Monday	Five Rites/Ch. 1 Wake Up The System EK 2 Man Maker EK 1 Upper Body Blast EK 1 Leg Burner EK 1 Core 1+2 EK 2	Monday	Five Rites/Ch. 1 Wake Up The System EK 2 Squat Series EK 2 Lunge Series EK 2 Ladder EK 2 The Grind EK 2 Core 1+2 EK 2	Monday	Five Rites/Ch. 1 Wake Up The System EK 2 Upper Body Blast EK 1 Ladder EK 2 Grind EK 2 Upper Body Blast (again) Turkish Get Up EK 1 Core 1+2 EK 2	Monday	Five Rites/Ch. 1 Wake Up The System EK 2 Upper Body Blast EK 1 Ladder EK 2 Grind EK 2 Upper Body Blast (again) Turkish Get Up EK 1 Core 1+2 EK 2	Monday	Five Rites/Ch. 1 Wake Up The System EK 2 Man Maker EK 1 Upper Body Blast EK 1 Leg Burner EK 1 Swing EK 1 Slingshot EK 1 Core 1+2 EK 2	Monday	Five Rites/Ch. 1 Wake Up The System EK 2 Man Maker EK 1 Upper Body Blast EK 1 Leg Burner EK 1 Core 1+2 EK 2						
	TIME:		TIME:		TIME:		TIME:		TIME:								
	Tuesday		Five Rites EK 2 Cardio EK 2 Squat Series EK 2 Lunge Series EK 2 Core EK1		Tuesday		Five Rites EK 2 The Flow EK 2 Swing EK 1 Slingshot EK 1 Core EK1		Tuesday		Off/ Five Rites EK 2	Tuesday	Off/ Five Rites EK 2	Tuesday	Off/ Five Rites EK 2	Tuesday	Off/ Five Rites EK 2
			TIME:				TIME:				TIME:		TIME:		TIME:		
			Wednesday				Off/Five Rites EK 2				Wednesday		Off/Five Rites EK 2		Wednesday		Five Rites EK 2 Squat Series EK 2 Lunge Series EK 2 Leg Burner EK 1 Core EK 1
TIME:		TIME:		TIME:		TIME:	TIME:										
Thursday		Five Rites EK 2 Swing EK 1 Slingshot EK 1 Turkish Get Up EK 1 Core 1+2 EK 2		Thursday		Five Rites EK 2 Man Maker EK 1 Upper Body Blast EK 1 Leg Burner EK 1 Core 1+2 EK 2	Thursday	Off/ Five Rites EK 2		Thursday			Off/ Five Rites EK 2				Thursday
	TIME:	TIME:			TIME:	TIME:		TIME:									
	Friday	Five Rites EK 2 Ladder EK 2 Grind EK 2 Test EK 2 Core EK 1			Friday	Five Rites EK 2 Test EK 2 X 2 Turkish Get Up EK 1 Core EK 1		Friday	Five Rites EK 2 Man Maker EK 1 The Test EK 2 Swing Workout EK 1 Slingshot EK 1 Ladder Workout EK 2 Core 1+2 EK 2			Friday	Five Rites EK 2 The Test EK 2 Squat Series EK 2 Lunge Series EK 2 Leg Burner EK 1 Man Maker EK 1 The Grind EK 2 Turkish Get Up EK 1 Core 1+2 EK 2	Friday		Five Rites EK 2 Man Maker EK 1 The Test EK 2 Swing Workout EK 1 Slingshot EK 1 Ladder Workout EK 2 Core 1+2 EK 2	
		TIME:	TIME:			TIME:			TIME:		TIME:						
		Saturday				Saturday					Saturday				Saturday		
TIME:			TIME:	TIME:			TIME:		TIME:								