

EXTREME KETTLEBELL CARDIO 1-4: 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 Heavy Abs x 1 Get Ups 6x1 Man Maker EK 1 Leg Burner EK 1 Upper Body Blast EK 1 TIME:	Monday	Five Rites/Ch. 1 Wake Up The System EK 2 Heavy Abs x 1 Get Ups 4x3 Cardio EK 2 Squat Series EK 2 Lunge Series EK 2 TIME:	Monday	Five Rites/Ch. 1 Wake Up The System EK 2 Heavy Abs x 2 Bonus Core EK 3 Leg Burner EK 1 Squat Series EK 2 Lung Series EK 2 TIME:	Monday	Five Rites/Ch. 1 Wake Up The System EK 2 Heavy Abs x 2 Turkish Get Up EK 1 Swings EK 1 Slingshot EK 1 Upper Body Blast EK 1 TIME:	Monday	Five Rites/Ch. 1 Wake Up The System EK 2 Heavy Abs x 3 Get Ups 6x1 Cardio EK 2 Swing EK 1 Upper Body Blast EK 1 TIME:	Monday	Five Rites/Ch. 1 Wake Up The System EK 2 ALL videos from EK 4 TIME:
Tuesday	REST	Tuesday	REJUVENATE	Tuesday	REFOCUS	Tuesday	RESTORE	Tuesday	REMOVE DOUBT	Tuesday	REWARD YOURSELF
Wednesday	Five Rites EK 2 Bonus Core EK 3 Flow EK 2 Ladder EK 2 Grind EK 2 TIME:	Wednesday	Five Rites EK 2 Turkish Get Up EK 1 Day 1 EK 4 Core EK 1 TIME:	Wednesday	Five Rites EK 2 Get Ups 5 x 2 Ladder EK 2 The Grind EK 2 The Test EK 2 Core 1+2 EK 2 TIME:	Wednesday	Five Rites EK 2 Get Ups 4x3 Day 1 EK 4 Day 2 EK 4 Core 1 EK 1 TIME:	Wednesday	Five Rites EK 2 Get Ups 5x2 Day 1 EK 4 The Grind EK 2 Day 2 EK 4 Ladder EK 2 Core 1+2 EK 2 TIME:	Wednesday	Five Rites EK 2 Get Ups 5x2 Squat Series EK 2 Lung Series EK 2 Ladder EK 2 The Grind EK 2 The Test EK 2 TIME:
Thursday	RELAX	Thursday	RECHARGE	Thursday	RE-ENERGIZE	Thursday	RETHINK YOUR LIMITS	Thursday	REALIZE YOUR POTENTIAL	Thursday	REVAMP YOUR LIFESTYLE
Friday	Five Rites EK 2 Get Ups 5x2 Day 1 EK 3 Core EK 1 TIME:	Friday	Five Rites EK 2 Get Ups 6x1 Day 2 EK 3 Core 1+2 EK 2 TIME:	Friday	Five Rites EK 2 Get Ups 6x1 Day 3 EK 3 Core EK 1 TIME:	Friday	Five Rites EK 2 Bonus Core EK 3 Man Maker EK 1 Day 3 EK 4 Core 1+2 EK 2 TIME:	Friday	Five Rites EK 2 Get Ups 4x3 Day 1 EK 3 Core EK 1 TIME:	Saturday	Test Day Five Rites EK 2 ALL videos from EK 1 NO PAUSE TIME: