

6 WEEK BEGINNER PROGRAM FOR EXTREME KETTLEBELL 1

| Name: | | | | Start Date: | | | | | | | |
|------------------|---|------------------|---|------------------|---|------------------|---|------------------|---|------------------|--|
| Week 1 | | Week 2 | | Week 3 | | Week 4 | | Week 5 | | Week 6 | |
| Monday | Five Rites Ch. 1 Manmaker Ch. 7 Core TIME: | Monday | Five Rites Ch. 4 Swing Workout Ch. 7 Core TIME: | Monday | Five Rites Ch. 1 Manmaker Ch. 2 Upper Body Blast Ch. 7 Core TIME: | Monday | Five Rites Ch. 1 Manmaker Ch. 3 Leg Burner Ch. 7 Core TIME: | Monday | Five Rites Ch. 1 Manmaker Ch. 2 Leg Burner Ch. 3 Upper Body Blast Ch. 7 Core TIME: | Monday | Five Rites Ch. 6 Turkish Getups Ch. 2 Leg Burner Ch. 5 Slingshot Ch. 3 Upper Body Blast Ch. 7 Core TIME: |
| Tuesday | REST | Tuesday | REJUVENATE | Tuesday | REFOCUS | Tuesday | RESTORE | Tuesday | REMOVE DOUBT | Tuesday | REWARD YOURSELF |
| Wednesday | Five Rites Ch. 2 Upper Body Blast TIME: | Wednesday | Five Rites Ch. 5 Slingshot TIME: | Wednesday | Five Rites Ch. 3 Leg Burner Ch. 4 Swing Workout TIME: | Wednesday | Five Rites Ch. 6 Turkish Getups Ch. 2 Upper Body Blast TIME: | Wednesday | Five Rites Ch. 4 Swing Workout Ch. 5 Slingshot Ch. 6 Turkish Getups TIME: | Wednesday | Five Rites Ch. 1 Manmaker Ch. 4 Swing Workout Ch. 3 Upper Body Blast Ch. 2 Leg Burner Ch. 7 Core TIME: |
| Thursday | RELAX | Thursday | RECHARGE | Thursday | RE-ENERGIZE | Thursday | RETHINK YOUR LIMITS | Thursday | REALIZE YOUR POTENTIAL | Thursday | REVAMP YOUR LIFESTYLE |
| Friday | Five Rites Ch. 3 Leg Burner Ch. 7 Core TIME: | Friday | Five Rites Ch. 6 Turkish Getups Ch. 7 Core TIME: | Friday | Five Rites Ch. 5 Slingshot Ch. 6 Turkish Getups Ch. 7 Core TIME: | Friday | Five Rites Ch. 4 Swing Workout Ch. 5 Slingshot Ch. 7 Core TIME: | Friday | Five Rites Ch. 1 Manmaker Ch. 2 Leg Burner Ch. 3 Upper Body Blast Ch. 7 Core TIME: | Saturday | Test Day Five Rites ALL the chapters for Extreme Kettlebells 1 TIME: |