

6 WEEK BEGINNER PROGRAM FOR EXTREME KETTLEBELL CARDIO 2

Name:			Start Date:								
Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
Monday	Ch. 1 Wake Up The System Ch. 2 The Flow Ch. 9 Core 1 TIME:	Monday	Ch. 1 Wake Up The System Ch. 5 Lunge Series Ch. 10 Core 2 TIME:	Monday	Ch. 1 Wake Up The System Ch. 2 The Flow Ch. 8 The Test Ch. 9 Core 1 TIME:	Monday	Ch. 1 Wake Up The System Ch. 7 The Grind Ch. 8 The Test Ch. 10 Core 2 TIME:	Monday	Ch. 1 Wake Up The System Ch. 3 Cardio Ch. 4 Squat Series Ch. 5 Lunge Series Ch. 9&10 Core 1+2 TIME:	Monday	Ch. 1 Wake Up The System Ch. 3 Cardio Ch. 6 Ladder Ch. 8 The Test Ch. 9&10 Core 1+2 TIME:
Tuesday	REST	Tuesday	REJUVENATE	Tuesday	REFOCUS	Tuesday	RESTORE	Tuesday	REMOVE DOUBT	Tuesday	REWARD YOURSELF
Wednesday	Ch. 1 Wake Up The System Ch. 3 Cardio Ch. 10 Core 2 TIME:	Wednesday	Ch. 1 Wake Up The System Ch. 8 Ladder Ch. 9 Core 1 TIME:	Wednesday	Ch. 1 Wake Up The System Ch. 3 Cardio Ch. 4 Squat Series Ch. 10 Core 2 TIME:	Wednesday	Ch. 1 Wake Up The System Ch. 4 Squat Series Ch. 5 Lunge Series Ch. 9 Core 1 TIME:	Wednesday	Ch. 1 Wake Up The System Ch. 6 Ladder Ch. 7 The Grind Ch. 8 The Test Ch. 9&10 Core 1+2 TIME:	Wednesday	Ch. 1 Wake Up The System Ch. 4 Squat Series Ch. 5 Lunge Series Ch. 7 The Grind Ch. 9&10 Core 1+2 TIME:
Thursday	RELAX	Thursday	RECHARGE	Thursday	RE-ENERGIZE	Thursday	RETHINK YOUR LIMITS	Thursday	REALIZE YOUR POTENTIAL	Thursday	REVAMP YOUR LIFESTYLE
Friday	Ch. 1 Wake Up The System Ch.4 Squat Series Ch. 9 Core 1 TIME:	Friday	Ch. 1 Wake Up The System Ch. 7 The Grind Ch. 10 Core 2 TIME:	Friday	Ch. 1 Wake Up The System Ch. 5 Lunge Series Ch. 6 Ladder Ch. 9 Core 1 TIME:	Friday	Ch. 1 Wake Up The System Ch. 3 Cardio Ch. 6 Ladder Ch. 10 Core 2 TIME:	Friday	Ch. 1 Wake Up The System Ch. 2 The Flow Ch. 4 Squat Series Ch. 5 Lunge Series Ch. 9&10 Core 1+2 TIME:	Saturday	Test Day Ch. 1 Wake Up The System Ch. 4 Squat Series Ch. 5 Lunge Series Ch. 6 Ladder Ch. 7 The Grind Ch. 8 The Test Ch. 9&10 Core 1+2 TIME: