

4 WEEK PROGRAM FOR EXTREME KETTLEBELL 3

Name:		Start Date:					
Week 1		Week 2		Week 3		Week 4	
Monday	Five Rites 5x2 Getups Day 1 EK 3 Heavy Abs TIME:	Monday	Five Rites 5x2 Getups Day 1 EK3 Heavy Abs TIME:	Monday	Five Rites 5x2 Getups Day 1 EK 3 Heavy Abs x2 TIME:	Monday	Five Rites 5x2 Getups Day 1 EK 3 Heavy Abs x2 TIME:
Tuesday	REST	Tuesday	REJUVENATE	Tuesday	REFOCUS	Tuesday	RESTORE
Wednesday	Five Rites 5x2 Getups Day 2 EK3 Core 1+2 EK 2 TIME:	Wednesday	Five Rites 5x2 Getups Day 2 EK 3 Core 1+2 EK2 TIME:	Wednesday	Five Rites 5x2 Getups Day 2 EK 3 Core 1+2 EK2 TIME:	Wednesday	Five Rites 5x2 Getups Day 2 EK 3 Core 1+2 EK2 TIME:
Thursday	RELAX	Thursday	RECHARGE	Thursday	RE-ENERGIZE	Thursday	RETHINK YOUR LIMITS
Friday	Five Rites 5x2 Getups Day 3 EK 3 Core 1 EK 1 TIME:	Friday	Five Rites 5x2 Getups Day 3 EK 3 Core EK 1 TIME:	Friday	Five Rites 5x2 Getups Day 3 EK 3 Core EK 1 TIME:	Friday	Five Rites 5x2 Getups Day 3 EK 3 Core EK 1 TIME: