

# EXTREME KETTLEBELL 1 AND 2 COMBINED 6 WEEK PROGRAM

Name:		Start Date:									
WEEK 1		WEEK 2		WEEK 3		WEEK 4		WEEK 5		WEEK 6	
<b>Monday</b>	Five Rights EK2 Man Maker EK1 Upper Body Blast EK1 Leg Burner EK1 Core 1 or 2 EK2  TIME:	<b>Monday</b>	Five Rights EK2 Squat Series EK2 Lunge Series EK2 Ladder EK2 The Grind EK2 Core 1 or 2 EK2  TIME:	<b>Monday</b>	Five Rights EK2 Upper Body Blast EK1 Ladder EK2 Grind EK2 Upper Body Blast (again) Turkish Getup EK1 Core 1 or 2 EK2  TIME:	<b>Monday</b>	Five Rights EK2 Upper Body Blast EK1 Ladder EK2 Grind EK2 Upper Body Blast (again) Turkish Get Up EK1 Core 1 or 2 EK2  TIME:	<b>Monday</b>	Five Rights EK2 Man Maker EK1 Upper Body Blast EK1 Leg Burner EK1 Swing EK1 Slingshot EK1 Core 1 or 2 EK2  TIME:	<b>Monday</b>	Five Rights EK2 Man Maker EK1 Upper Body Blast EK1 Leg Burner EK1 Core 1 or 2 EK2  TIME:
<b>Tuesday</b>	Five Rights EK2 Cardio EK2 Squat Series EK2 Lunge Series EK2 Core 1 or 2 EK2  TIME:	<b>Tuesday</b>	Five Rights EK2 The Flow EK2 Swing EK1 Slingshot EK1 Core 1 or 2 EK2  TIME:	<b>Tuesday</b>	Off / Five Rights EK2 Core 1 or 2 EK2	<b>Tuesday</b>	Off / Five Rights EK2 Core 1 or 2 EK2	<b>Tuesday</b>	Off / Five Rights EK2 Core 1 or 2 EK2	<b>Tuesday</b>	Off / Five Rights EK2 Core 1 or 2 EK2
<b>Wednesday</b>	Off / Five Rights EK2 Core 1 or 2 EK2	<b>Wednesday</b>	Off / Five Rights EK2 Core 1 or 2 EK2	<b>Wednesday</b>	Five Rights EK2 Squat Series EK2 Lunge Series EK2 Leg Burner EK1 Core 1 or 2 EK2  TIME:	<b>Wednesday</b>	Five Rights EK2 Squat Series EK2 Lunge Series EK2 Leg Burner EK1 Core 1 or 2 EK2  TIME:	<b>Wednesday</b>	Five Rights EK2 Squat Series EK2 Lunge Series EK2 Ladder EK2 The Grind EK2 The Test EK2 Core 1 or 2 EK2  TIME:	<b>Wednesday</b>	Five Rights EK2 Ladder EK2 The Grind EK2 The Test EK2 Core 1 or 2 EK2  TIME:
<b>Thursday</b>	Five Rights EK2 Swing EK1 Slingshot EK1 Turkish Get Up EK1 Core 1 or 2 EK2  TIME:	<b>Thursday</b>	Five Rights EK2 Man Maker EK1 Upper Body Blast EK1 Leg Burner EK1 Core 1 or 2 EK2  TIME:	<b>Thursday</b>	Off / Five Rights EK2 Core 1 or 2 EK2	<b>Thursday</b>	Off / Five Rights EK2 Core 1 or 2 EK2	<b>Thursday</b>	Off / Five Rights EK2 Core 1 or 2 EK2	<b>Thursday</b>	Off / Five Rights EK2 Core 1 or 2 EK2
<b>Friday</b>	Five Rights EK2 Ladder EK2 Grind EK2 Test EK2 Core 1 or 2 EK2  TIME:	<b>Friday</b>	Five Rights EK2 Test EK2 x 2 Turkish Get Up EK1 Core 1 or 2 EK2  TIME:	<b>Friday</b>	Five Rights EK2 Man Maker EK1 The Test EK2 Swing Workout EK1 Slingshot EK1 Ladder Workout EK2 Core 1 or 2 EK2  TIME:	<b>Friday</b>	Five Rights EK2 The Test EK2 Squat Series EK2 Lunge Series EK2 Leg Burner EK1 Man Maker EK1 The Grind EK2 Turkish Get Up EK1 Core 1 or 2 EK2  TIME:	<b>Friday</b>	Five Rights EK2 Man Maker EK1 The Test EK2 Swing Workout EK1 Slingshot EK1 Ladder Workout EK2 Core 1 or 2 EK2  TIME:	<b>Saturday</b>	Five Rights EK2 All Videos from EK 1  TIME: