



Daily Workouts – January 2011

Monday 31st Jan 2011

“Ah, but a man’s reach should exceed his grasp, or what’s a heaven for?” - Robert Browning, English Poet

5 to 10 minutes of handstand kick-ups against a wall, then:-

“Double kettlebell prison workout”

Alternate between the following exercises from 10 down to 1 rep for time:-

1. Double kettlebell swings
2. Double kettlebell cleans

Rest 2 mins, then repeat with the following:-

1. Double kettlebell jerk or press
2. Double kettlebell renegade row (L & R = 1)

Eischens Yoga

Sunday 30th Jan 2011

Rest and recuperation

Eischens Yoga

Saturday 29th Jan 2011

Warm up with 60 x Hindu push-ups AFSAP, then:-

“Double Biplax”

3 rounds of the following, resting 1 minute between rounds:-

1. 20 x double hand kettlebell swings
2. 20 x burpees

Then:-

3 rounds of the following, resting 1 minute between rounds:-

1. 5 x double kettlebell clean & jerks
2. 30 x sprinter lunges (15 per leg)

Then:-

- 60 seconds Jungle Gym / Rings ‘L’ sits
- 60 seconds Powerwheel / Jungle Gym / ring roll-outs
- 60 seconds handstand holds against a wall

Eischens Yoga

Friday 28th Jan 2011

Warm up with Eischens Yoga, then:-

“Death Session”

Today’s session was supplied from a workout designed by fellow IKFF Kettlebell Teacher Valentine Rawat based in Leeds; give it a go!

3 sets/rounds with 30 seconds rest between sets on the following:-

Kettlebell right arm:-

30secs Swings

30secs Cleans

30secs Squats

30secs Jerks

30secs Snatch

Kettlebell left arm:-

30secs Swings

30secs Cleans

30secs Squats

30secs Jerks

30secs Snatch

Then:-

20x Double hand kettlebell swings +

20x Jump squats

for 2 rounds

Then:-

5x KB Clean & jerks +

30x Sprinter lunges

for 2 rounds

Finish with 5 minutes of lateral handstand walks across a wall

Thurs 27th Jan 2011

“Our greatest glory is not in never falling, but in rising ever time we fall” – Confucius

60 x Hindu Push-ups AFSAP (in as few sets as possible), then:-

- 5 minutes of kettlebell Turkish get-ups, then:-
- **“15/15 workout”**

Kettlebell single arm snatches; work 15 seconds, rest 15 seconds for 10 minutes (20 working sets) – change arms each working set. Target = 6 to 8 reps per set.

- Powerwheel / Jungle Gym / ring roll outs – 60 reps AFSAP

Eischens Yoga

Wednesday 26th Jan 2011

Dynamic warm up with a med ball: 10 throw downs, 10 Russian twists, 10 wood chops right, 10 wood chops left. Rest 1 minute and repeat twice more, then:-

“No put down workout”

Complete three rounds of the following, without putting the kettlebell down during each round – recover during the around the body passes.

Rest one minute between rounds:-

1. Kettlebell around the body pass, 8 clockwise, 8 anti-clock
2. Kettlebell snatch, 8 right, 8 left
3. Kettlebell around the body pass, 8 clockwise, 8 anti-clock
4. Kettlebell jerks, 8 right, 8 left
5. Kettlebell around the body pass, 8 clockwise, 8 anti-clock
6. Kettlebell racked squats, 8 right, 8 left
7. Kettlebell around the body pass, 8 clockwise, 8 anti-clock
8. Kettlebell single arm swings, 8 right, 8 left

Finish with 5 to 10 minutes of handstand kick-ups against the wall.

Tuesday 25th Jan 2011

Dynamic body weight warm up 10 sit-outs, 10 box squats, 10 umphas. Rest 30 seconds and repeat twice more, then:-

“Sweat Box”

Work for 45 seconds, rest for 15 seconds for 5 rounds on the following exercises:-

1. Kettlebell alternate swings
2. Sledge hammer on tyre on med ball throw downs
3. Sprinter lunges
4. Powerwheel /Jungle Gym / Ring roll outs

Rest 2 mins, then:-

Work for 45 seconds, rest for 15 seconds for 5 rounds on the following exercises:-

1. Kettlebell double arm swings
2. Kettlebell double cleans
3. Box squats – advanced use kettlebell double front squats
4. Kettlebell single arm snatches

Eischens Yoga

Monday 24th Jan 2011

Dynamic warm up with a med ball: 10 throw downs, 10 Russian twists, 10 wood chops right, 10 wood chops left. Rest 1 minute and repeat twice more, then:-

“Power Up!”

Rest as required between sets / exercises

- 5 x 5 Double Kettlebell, Barbell or heavy sandbag power cleans
- 3 x 2 Double Kettlebell, Barbell or heavy sandbag power cleans – near to your max
- 5 x 5 Double Kettlebell military press
- 3 x 5 Double Kettlebell push press
- 5 x 5 Jungle Gym / ring ‘L’ Chin ups
- 5 x 10 Jungle Gym / ring body rows – legs raised
- 3 x 20 Jungle Gym / ring windshield wipers

Eischens Yoga

Sunday 23rd Jan 2011

- Hiking
- Eischens Yoga

Saturday 22nd Jan 2011

Eischens Yoga, then:-

“Swing & clean intervals”

- 1 minute of double arm kettlebell swings, 30 secs rest, repeat 3 more times.
Then:-
- 1 minute of single arm kettlebell cleans, 30 seconds rest, repeat 5 more times
(change arm each working set)

Rest 2 minutes, then:-

10 minutes of kettlebell Turkish get ups

Warm down with 5 minutes of skipping

Friday 21st Jan 2011

Dynamic body weight warm-up:- 10 squats, 10 sit-outs. 10 umphas for 30 rounds, then:-

“Burpee Sandwich”

Complete 5 rounds of the following AFAP (as fast as possible)

1. 10 x Kettlebell snatches – 5R/5L
2. 10 x Burpees
3. 10 x Kettlebell swings – either double arm or alternate single arm

Eischens Yoga

Thursday 20th Jan 2011

Dynamic warm up with a med ball: 10 throw downs, 10 Russian twists, 10 wood chops right, 10 wood chops left. Rest 1 minute and repeat twice more, then:-

“50/10 workout”

Work for 50 seconds rest for 10 seconds on each exercise for 4 rounds, resting one minute between rounds (advanced level only 15 secs rest between rounds):-

1. Kettlebell double arm swings
2. Kettlebell single arm snatch (swap hands at 25 secs)
3. Kettlebell single arm press (swap hands at 25 secs)
4. Kettlebell racked squats (swap sides at 25 secs)
5. Kettlebell windmill (swap hands each round)

Eischens Yoga

Wednesday 19th Jan 2011

Warm up with a mini circuit of 10 press-ups, 10 body weight squats and 10 sit-outs – rest 30 secs and repeat twice more. Then:-

“5 minute kettlebell snatch test”

5 minute kettlebell single arm snatch test: Switch arms when fatigued, keep rests to a minimum and all reps MUST be with perfect form. Advanced athletes should go non-stop with no rest. Female: 8kg to 16kg, male 16kg to 24kg.

Post your scores: Mike Eves 107 @ 24kg (no rest)

Rest until full recovery, then:-

Fat blaster workout:-

Complete four circuits of the following exercises, resting 15 secs between each

exercise:-

1. Kettlebell renegade row x 20 (10 per arm)
 2. Sledge hammer on tyre or med ball throw downs x 20
 3. Burpees x 12
- Eischens yoga warm down

Tuesday 18th Jan 2011

warm up with 5-10 minutes handstand practice, then:-

“Strength Session”

- 5 minutes of Turkish get-ups with a progressively heavier Kettlebell, then:-

Complete the following bplex for 4 rounds, allowing sufficient recovery between exercises:-

1. Barbell Deadlifts @ 100% body weight – 5-7 reps
2. Chin-ups to failure

Rest 2 minutes, then:-

- Kettlebell single arm push press, using a heavier KB than normal – 4-6 reps per arm for 4 sets
- Jungle Gym or Ring dips prison workout 10-1

Kettlebell finisher:-

Perform 5,4,3,2,1,2,3,4,5 reps of the following, alternating between each exercise:-

1. Kettlebell double clean
2. Burpees

Eischens Yoga

Monday 17th Jan 2011

“It always seems impossible until it’s done” - Nelson Mandela

Warm up with 5-10 minutes handstand practice, then:-

“Monday Challenge”

Complete the following circuit for 3 rounds AFAP :-

1. 20 x burpees
2. 40 x double arm kettlebell swings
3. 10 x Hindu push-ups

Post your times!

Rest as required, then:-

4 minutes of kettlebell single arm presses, 1 minute per arm

Eischens Yoga

Sunday 16th Jan 2011

Eischens Yoga, then:-

“Prison 12-2”

Perform 12,10,8,6,4,2 reps

alternating between the following:-

1. Handstand press-ups on BXT cable or Hindu push-ups
2. Chin-ups

Rest 2 mins then perform the following triplex for 4 rounds allowing 15 secs transfer time between exercises:-

1. Jungle Gym / Ring dips – 8-12 reps
2. Single arm kettlebell snatches – 8-12 reps per arm
3. Plyo press-ups – 10+ reps

Warm down with light kettlebell work

Saturday 15th Jan 2011

Warm up with Eischens Yoga sequence, then:-

“Bet Workout”

- 60 x Hindu push-ups in a row, if you can't do 60 you do 80 in as few sets as possible
- 30 x Chin-ups in a row, if you can't do 30 you do 50 in as few sets as possible
- 40 x Burpees in a row, if you can't do 40 you do 60 in as few sets as possible
- 50 x Powerwheel or Jungle Gym / ring roll outs, if you can't do 50 you do 70 in as few sets as possible

Warm down with handstand practice for 5 or 10 minutes

Friday 14th Jan 2011

“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.” – Martin Luther King Jr

Dynamic warm up using a lighter kettlebell than normal: 5 x single arm swings, cleans, clean & press and snatches per arm. Repeat a total of 3 times, resting between circuits for a total of 120 reps for this warm up, then:-

“30/30 x 6 minutes x 4 exercises”

- 30 secs work, 30 secs rest x 6 mins for each of the following. Do as a circuit, so six times through. Total workout time = 24 minutes

1. Handstand walks against a wall
2. Kettlebell double arm swings – Female = 16kg, male = 24kg. Beginners reduce weight
3. Skaters
4. Sledge hammers against a tyre or med ball throw downs

Eischens Yoga

Thurs 13th Jan 2011

Warm up with 5 minutes of handstand kick-ups against a wall, then:-

“Kettlebell back to basics”

It's always great and valuable to return to some of the core kettlebell exercises and protocols:-

- 12 mins of 15/15 kettlebell single arm snatches – work 15 secs, rest 15 secs for 24 rounds

The target is 7 reps per working set, giving a total of 168 reps for the 12 minute period

Rest 1 minute, then:-

- 5 minutes of kettlebell Turkish get-ups with a medium to heavy weight – focus on form not reps

Rest 1 minute, then:-

- 6 minutes of 30/30 kettlebell double arm swings using a heavier kettlebell than normal – work for 30 secs, rest for 30 secs for 6 rounds

Target is 18 reps per working setting set, giving a total of 108 reps for the 6 minute period

- Core: Powerwheel or jungle Gym / ring roll outs: 20, 15, 10, 5 reps

Finish with Eischens Yoga

Weds 12th Jan 2011

“The important thing in life is not the victory but the contest; the essential thing is not to have won but to have fought well.”- Baron De Coubertin – founder of the modern Olympic Games

Warm up with Eischens Yoga sequence, then:-

'15/15 challenge'

15 secs work, 15 seconds rest, for 12 minutes on each exercise pairing; alternate on each exercise:-

1. Rope skipping
2. Heavy punchbag punch outs

Rest 2 mins

1. Kettlebell double arm swings
2. Burpees

100 x Powerwheel or Jungle Gym / ring roll outs in as few sets as possible.

Tuesday 11th Jan 2011

Warm up with 100 x kettlebell swings, switching to a heavier weight half way through, then:-

'5 x 5' work out

Perform 5 reps of the following, both arms, for 5 rounds, total is 100 reps:-

1. Kettlebell single arm cleans – use a heavier KB than normal
2. Kettlebell single arm push press – use a heavier KB than normal

Rest 2 mins then:-

50 x Powerwheel or Jungle Gym / ring roll outs in as few sets as possible.

Eischens Yoga

Monday 10th Jan 2011

Eischens Yoga, then:-

'Kettlebell doubles'

Perform 4 rounds of the below, 8 reps for the first round, then 6, 4 and finally 2

- Kettlebell double cleans
- Kettlebell alternate renegade rows (reps per arm)
- Kettlebell double squats
- Kettlebell double jerks

Allow 15 – 20 secs transfer time between exercises and rest 90 secs between rounds.

Powerwheel or Jungle Gym / Ring roll outs: 20,15, 10 and 5 reps

Sunday 9th Jan 2011

Eischens Yoga

Rest & recuperation following a tough week.

Saturday 8th Jan 2011

Warm up with 5 mins of handstand kick-ups against a wall, then:-

'Saturday Killer Workout'

Complete the following AFAP (as fast as possible) and take water swigs to stay hydrated:-

- 90 seconds Kettlebell double hand swings
- 50 Alternate sprinter lunges
- 50 Press-ups
- 50 Sit-outs
- 90 seconds Kettlebell double hand swings
- 40 Alternate sprinter lunges
- 40 Press-ups
- 40 Sit-outs
- 90 seconds Kettlebell double hand swings
- 30 Alternate sprinter lunges
- 30 Press-ups
- 30 Sit-outs
- 90 seconds Kettlebell double hand swings
- 20 Alternate sprinter lunges
- 20 Press-ups
- 20 Sit-outs
- 90 seconds Kettlebell double hand swings

10 Alternate sprinter lunges
10 Press-ups
10 Sit-outs

Eischens Yoga

Friday 7th Jan 2011

Warm up with Eischens Yoga sequence, then:-

Rope skipping 30/30 for 30 minutes

- work for 30 secs, rest for 30 secs.

Target = beginner 60 revolutions per working set, advanced 80 to 100+ revolutions per working set

Rest 2 minutes, then:-

Powerwheel or Jungle Gym roll-outs:- 20, 15, 10 & 5 reps

Thursday 6th Jan 2011

Dynamic warm up using a lighter kettlebell than normal:-

5 swings, 5 cleans, 5 snatches, 5 presses – per arm. Rest and then repeat

Then:

6 reps/6 sets/6 rounds

60 seconds rest between rounds

Stay with the same weight or if you feel strong then increase the weight and decrease your rep range by 1 each round.

- 6x Kettlebell renegade rows (per arm)
- 6x Kettlebell cleans (per arm)
- 6x Kettlebell goblet squats
- 6x Kettlebell military presses (per arm)
- 6x Kettlebell Turkish get ups (3 per arm)
- 6x Jungle Gym / Ring dips

Eischens Yoga

Wednesday 5th Jan 2011

Eischens Yoga, then:-

Card Deck Workout

To perform the workout, you will start with a fully shuffled deck of playing cards (52 cards). All face cards (Jack, Queen, and King) have values of 11,12,13 respectively. If you are new to this face cards will be worth 10.

Aces will have a value of 14. The suit of the card dictates the exercise.

Hearts	Jungle Gym press-ups
Diamonds	Sledge hammers on tyre or med ball throw downs
Spades	Skaters x 2
Clubs	Sit outs x 2

Warm down with 5 minutes of rope skipping practice

Tuesday 4th Jan 2011

Eischens Yoga, then:-

Complete the following, all exercises must be performed with perfect form:-

- 60 x Hindu push-ups AFSAP (**in as few sets as possible**)
- 60 x Jungle Gym / ring row AFSAP (advanced with feet raised on box)
- Rest 2 mins, then:-
- 60 x Sprinter lunges AFSAP
- 60 x Burpees AFSAP

Warm down with 5 mins of handstand kick-ups against a wall

Monday 3rd Jan 2011

- 5 minutes of kettlebell Turkish get ups
- 200 x Kettlebell single arm swings (100 per arm) AFAP

2 minutes rest, then perform the following quadruplex, 4 times through, allowing 20 secs transfer time between exercises:-

1. Jungle Gym / ring dips – 8-15 reps
2. Kettlebell alternate military press – 10 -16 reps
3. Jungle Gym / ring body row – 10 – 15 reps
4. Handstand push-ups on BXT cable – 4 -8 reps

Eischens Yoga

Sunday 2nd Jan 2011

Warm up with Eischens Yoga



Complete 3 rounds of the following, resting 2 minutes between rounds:-

1. Double kettlebell clean & push press x 8
2. Two minutes of double arm kettlebell swings

Then complete 3 rounds of the following, resting 2 minutes between rounds:-

1. Kettlebell or Barbell deadlifts @ 100% body weight (advanced) x 10
2. Two minutes punch bag

Rest 2 minutes, then:-

Burpees, prison workout 10 down to 1

Rest & relaxation – concentrate on listening to your breathing

Saturday 1st Jan 2011

Happy New Year!

Eischens Yoga

6 to 10 mile walk in the country and reflect on the last year