August 2010 Daily Workouts

Tuesday 31st August 2010

Warm up with Eischens Yoga

Rest and recuperation are two high intensive days!

Monday 30th August 2010

Warm up with Eischens Yoga

Spartan 300 workout:- A superb, timed total body workout of 300 repetitions to push your conditioning to the next level:-

- 25 x Jungle Gym body rows
- 50 x Kettlebell snatches (25 per arm)
- 25 x Jungle Gym Press-ups
- 50 x KB double arm swings
- 50 x Burpees
- 50 x KB clean and presses (25 per arm)
- 50 x Skaters

Warm down with handstands against a wall

Monday 29th August 2010

Warm up with hand stand practice against a wall

40:20 circuit - work for 40 seconds per exercise, then rest for 20 seconds. Repeat circuit three more times.

Warning: This circuit is high intensity and not for the faint hearted!

1. Kettlebell double arm swing

2. Kettlebell sledge hammers on tyre or med ball throw downs

3. Kettlebell snatch

4. Burpess

Eichens yoga warm down

Sunday 29th August 2010

Eischens Yoga

Walk 6 to 8miles

Saturday 28th August 2010

Eischens Yoga

Rest & Recuperation

Friday 27th August 2010

Eischens Yoga before breakfast!

As many times though in 30 minutes of the following exercises:-

1. 20 burpees

2. 150 skipping rope turns

3. 20 medicine ball diagonal chops - 10 per side

4. 15 Jungle gym roll outs

Thursday 26th August 2010

Warm up with Eischens Yoga

100 of each as fast as possible:-

1. Press ups

2. Body squats

3. Jungle Gym body row (product now on my website shop)

4. Sledge hammer tyre hits (Sledgehammers for sale on my website shop)

Wednesday 25th August 2010

Warm up with Eischens Yoga

Repeat the following circuit, with no rest between exercises, three times with one minute rest between each circuit

- 3 x kettlebell Turkish get ups per arm
- 10 x single arm kettebell swings per arm
- 10 x burpees

Warm down with handstand practice against a wall.

Tuesday 24th August 2010

Warm up with Eischens Yoga (beginners video sequence coming soon)

As many as possible (AMAP) in 3 mins

1. Kettlebell snatch right x 3

2. KB snatch left x 3

3. Plyo pressups x 6

4. Burpees x 9

1 min rest

Repeat circuit 5 times

Monday 23rd August 2010

Warm up with Eischens Yoga

Prison work out 10-1 on the following exercises:-

1. Kettlebell Snatch right

2. KB snatch left

3. Plyo pressups

4. KB row right

5. KB row left

6. KB goblet thruster

7. Burpees

Saturday 21st August 2010

Rest & Recuperation

Eischens Yoga

Friday 20th August 2010

Warm up with Eischens Yoga

50 of each - as fast as possible

1. Body lunge - 25 right, 25 left

2. Kettlebell double arm swing

3. Pressups

4. KB snatch - 25r, 25l

5. Hindu squats

6. Kettlebell push press - 25r, 25l

7. Jungle gym /ring body row

8. Jungle gym / ring roll out

9. Burpees

5 minutes kettlebell Turkish get ups

Thursday 19th August 2010

Warm up with Eischens Yoga

Timed sets

1. 5 mins of Kettlebell Turkish get ups

2. KB single arm presses - 4 mins - 1 min per arm

3. KB single arm cleans - 4 mins - 1 min per arm

4. KB pull overs - 5 mins

Prison work out - pressups:- 10 -1

Wednesday 18th August 2010

Warm up with Eischens Yoga

Go Heavy!

3 rounds of the following:-

1. Double kettlebell clean/squat/press x 5

2. Kettlebell Renegade row - 5 x Right, 5 x Left

3. Kettlebell Turkish get ups - 3 x Right, 3 x Left

4. Chin ups x 10

Hand stand warm down

Tuesday 17th August 2010

Warm up with Eischens Yoga

15/15 single arm kettlebell snatches for 10 minutes. Work for 15 sec / rest for 15 secs and change arms each set, so you end up doing 10 sets per arm over the 10 minutes. Target = 160 reps total

- Male use 16, 20 or 24kg kettlebell
- Female use 10, 12 or 16kg kettlebell

100 metre powerwheel crawl in as few sets as possible

Monday 16th August 2010

Warm up with Eischens Yoga

Work for 30 secs / rest for 30 secs for a duration of 30 minutes:-

1. KB single arm snatch

2. Press-ups

3. KB Double squats

4. Sledgehammer on tyre or medicine ball throw downs

5. KB swings

6. Burpees

Finish with 10 mins handstand practice against a wall.