



Daily Workouts – December 2010

Friday 31st December 2010

Finish the year with a bang!

Dynamic warm up with medicine ball 'blaster' circuit - 10 x throw downs, 10 x Russian twists, 10 x wood chops left and right. Repeat circuit 3 times, then:-

"MMA Fighter" Circuit

30/30 - 30 secs work, 30 secs rest for 3 rounds on the following:-

1. Speed skipping
2. Sledge hammer on tyre or med ball throw downs
3. Heavy punch bag "punch outs"
4. Alternate kettlebell swing - go heavy
5. See-saw alternate Kettlebell press
6. Sit-outs

Rest 2 minutes, then:-

- 10 x Kettlebell Turkish get ups (5 per side)
- 10 x Kettlebell windmills (5 per side)
- 20 x Powerwheel or Jungle Gym / ring roll outs
- 20 x Umphas

Eischens yoga

"Party on dudes"

Enjoy the new year

Thursday 30th December 2010

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

Perform the following prison work out from 10 down to 1 alternating between the following exercises:-

1. Kettlebell double cleans
2. Kettlebell renegade rows (per arm)

Rest 2 mins, then:-

Perform the following prison work out from 10 down to 1 alternating between the following exercises:-

1. Jungle Gym / ring body row
2. Jungle Gym / ring press-ups

Warm down with Eischens yoga

The Prison Workout Explained: A Total Body Exercise Routine

Some prison inmates have nothing but a sink, a toilet, their bed, and a few square feet of space at their disposal. They need an exercise routine that can be done in a confined space without equipment. The "Prison Workout," which was nicknamed by some people who saw prisoners without access to weights doing it, is designed to develop strength, endurance, speed, agility, and balance. It also produces gains in muscle, losses in body fat, and plenty of stamina. It is a total body and cardio workout. Historically The Prison Workout consists of one classic exercise, the "burpee." This exercise works your chest, arms, front deltoids, thighs and abs in one hit. But of course you can use it with any whole body exercise, with or without weights as shown above.

Wednesday 29th December 2010

Hard work cannot be avoided

"Training should be a way of life. It should not be seen as a chore. While training, live for that moment, nothing else matters. The hard work, the fatigue and the pain of exhaustion never lasts forever, trust me , it will end. But do not focus on the end. Focus on the what you are doing, live that moment, experience it, embellish it, do not escape it. The masses will try to escape it - you are not the masses doing whatever the masses are doing, that is why you are here. You want to be different and you will see the difference. So get busy and enjoy the hard work!"

- Eischens Yoga warm up
- 4 mins of Kettlebell single arm cleans - 1 min per arm

2 min rest, then:-

- 10 mins 30/30 kettlebell single arm snatches - work 30 secs, rest 30 secs for 10 minutes. Change arm every working set. Target = 110+

Rest 2 mins, then:-

Finish with the following 2 exercises alternating until completed

20/15/10/5 reps AFAP:

- Kettlebell double arm swings
- Burpees

Tuesday 28th December 2010

30 minutes of 30/30 skipping rope sprints

30 sets of 30 second skipping rope sprints - rest 30 seconds between sets (30 minutes total)

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

Finish with the following 2 exercises alternating until completed

20/15/10/5 reps AFAP:

- Power wheel or Jungle Gym / Ring roll outs
- Box squats

Eischens Yoga

Monday 27th December 2010

Eischens Yoga

12 Sets of Christmas Circuit

Below PDF with a festive theme - 12 sets & 364 reps to burn off the Turkey and Xmas pud.

Perform AFAP

12 Sets of Christmas

12 Sets of Christmas - Fitness Circuit

<http://kickassfitnessuk.com/>

	Set											
	1	2	3	4	5	6	7	8	9	10	11	12
Kettlebell Turkish get ups (per arm)	1	1	1	1	1	1	1	1	1	1	1	1
Handstand press-ups on BXT cable		2	2	2	2	2	2	2	2	2	2	2
TNT cable wood chops (per side)			3	3	3	3	3	3	3	3	3	3
Jungle Gym pistol squats (each leg)				4	4	4	4	4	4	4	4	4
Jungle Gym dips					5	5	5	5	5	5	5	5
Kettlebell goblet squats						6	6	6	6	6	6	6
Hindu push-ups							7	7	7	7	7	7
Kettlebell double swings								8	8	8	8	8
Vertical jumps									9	9	9	9
Sit-outs										10	10	10
TNT cable rows											11	11
Burpees												12

Sunday 26th December 2010

BOXING DAY workout:-

Warm up with 50 x Hindu push-ups as fast as possible, then:-

Heavy bag work:-

- 3 x 2 minute rounds of general technique - rest 1 minute between rounds
- 4 x 1 minute rounds at full power - rest 1 minute between rounds
- 6 x 15 second punch-out drill rounds - rest 45 seconds between rounds

Eischens Yoga

Saturday 25th December 2010

MERRY CHRISTMAS!

Go for a walk or run before Christmas lunch.

Eischens Yoga

Friday 24th December 2010

Warm up with 50 x Hindu push-ups in 6 or less sets, then:-

- 10 minutes of Kettlebell Turkish get-ups

Rest as required, then:-

24 mins - 30/30 (30 secs work, 30 ses rest) - 8 mins per pair below:-

1. Kettlebell double arm swings

2. Box Squats

1. Skipping

2. Skaters

1. TNT cable swimmers

2. Burpees

Eischens Yoga

Thursday 23rd December 2010

Warm up with Eischens yoga sequence, then:-

Kettlebell single arm clean and press - 15/15 for 10 minutes

-15 secs work, 15 secs rest. Change arm each working set.

Target = 100 reps (5 reps per working set)

Rest 2 mins then perform the following triplex circuit - 2-4 times allowing 15 secs transition between exercises and 1 minute rest between circuits:-

1. Kettlebell racked squat - 8-12 reps
2. Skaters x 30
3. Med ball or TNT cable wood chops - 10-12 reps

Warm down with light kettlebell exercises for 5 minutes

Wednesday 22nd December 2010

Warm up with Eischens yoga sequence, then:-

Complete 4 circuits of the following, resting 30 secs between each circuit:-

1. Kettlebell Turkish get-ups - 2 per arm
2. Hindu push-ups - 10-12 reps
3. 'L' chin ups - 6-10 reps

Rest 2 minutes, then:-

- Alternate kettlebell swings - 1 min work, 1 min rest for 4 sets

Warm down with 5 minutes of skipping practice

Tuesday 21st December 2010

Warm up with a mini circuit of 10 press-ups, 10 body weight squats and 10 sit-outs.

Rest 30 secs and repeat twice, then:-

6 minutes of kettlebell cleans, 1 minute per arm. Rest 2 mins then:-

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

Monday 20th December 2010

Warm up with a Hindu push-ups - prison workout 10 down to 1

Then:-

Light kettlebell snatch practice for 5 mins, then:-

40:20 for 10 minutes-

Work for 40 secs, rest for 20 secs - kettlebell single arm snatch. Change hands each working set.

Target = 15 reps per working set, advanced should aim for 16+ reps. Beginners to kettlebells use single arm swings.

2 mins rest

5 minutes of KB Turkish get ups.

Warm down with handstand kick-ups against a wall

Sunday 19th December 2010

Rest & recuperation

Eischens Yoga

Saturday 18th December 2010

"At the end of the day we can endure much more than we think we can"

- Frida Kahlo

Warm up with Eischens Yoga

Prison workout 15-1

This is a tough work-out to end the week!

15 reps down to 1 alternating between the following:-

- Double kettlebell snatch - beginners use double kettlebell swings
- Jungle Gym / Ring windshield wipers

Finish with light kettlebell technique practice for 10 minutes

Friday 17th December 2010

"Motivation is what gets you started. Habit is what keeps you going."

Dynamic warm up with medicine ball - 10 throw downs, 10 Russian twists, 10 woods chops. Perform as a circuit 3 x through, rest 1 min between circuits. Then:-

100 reps of each AFAP (as fast as possible)

1. Jungle Gym / ring body row. Advanced do 100yds of handstand walks along a wall (measure 5 yards and repeat backward and forward 10 times)
2. Kettlebell double swings
3. Medicine ball touch downs (50 per side)
4. Powerwheel roll outs or Jungle Gym / ring roll outs

Eischens Yoga

Thursday 16th December 2010

Dynamic warm up circuit using a lighter kettlebell than normal - 5 x single swings, cleans, push-presses and snatches per arm. Repeat circuit for a total of 3x with 30-60 secs rest between circuits - then:-

15/15 workout

15 secs work, 15 secs rest for 16 minutes on the following:-

1. Burpees - target is 6 per 15 seconds
2. Skipping - target is 40 revolutions per 15 secs

Rest as required, then:-

15 secs work, 15 secs rest for 16 minutes on the following:-

1. Hindu squats

2. Mountain climbers

Warm down with handstand and handstand walking practice

Wednesday 15th December 2010

Dynamic warm up with medicine ball - 10 throw downs, 10 Russian twists, 10 woods chops. Perform as a circuit 3 x through, rest 1 min between circuits. Then:-

1 Minute work, 1 minute rest for 10 exercises:-

All exercises must be completed with perfect form

1. Double kettlebell military press

2. Double kettlebell cleans

3. Press-ups - full range. Advanced do press-ups with legs raised

4. Chins-ups - advanced use Jungle Gym / Rings

5. Hindu push-ups - advanced do handstand push-ups

6. Jungle Gym / ring body rows - advanced with legs raised

7. Sprinter lunges - advanced with resistance i.e kettlebells

8. Jungle Gym or Powerwheel leg curls

9. Kettlebell double front squats

10. Barbell or kettlebell deadlifts

Eischens yoga

Tuesday 14th December 2010

Dynamic warm up with medicine ball - 10 throw downs, 10 Russian twists, 10 woods chops. Perform as a circuit 3 x through, rest 1 min between circuits. Then:-

Kettlebell 30/30 circuit

Work 30 secs, rest 30 secs on the following exercises, 3 x through:-

- KB single arm swing right
- KB single arm swings left
- KB single arm clean right
- KB single arm clean left
- KB snatch right
- KB snatch left

Rest 2 mins, then:-

4 minutes kettlebell single arm push press - 1 min per arm. Advanced go for 6 mins in total.

Rest for full recovery, then:-

50 x Powerwheel of Jungle Gym / Ring roll outs AFAP

Eischens Yoga

Monday 13th December 2010

“Success isn’t a result of spontaneous combustion.

You must set yourself on fire.” -- Arnold H. Glasow

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

12 minutes of Kettlebell single arm long cycle (clean & jerk) at 30:30 - work for 30 secs, rest for 30 secs. Switch hands each working set.

Rest 2 mins, then complete the following triplex circuit, four times through, 10-12 reps of each exercise, allowing 20 secs transition time between each exercise:-

1. Jungle Gym / Ring body row - legs raised
2. Kettlebell double cleans
3. Jungle Gym / Ring windshield wipers

Rest 2 mins, then:-

5 minute Kettlebell Turkish get ups.

Eichens yoga.

Sunday 12th December 2010

Rest and recuperation

Eischens Yoga

Saturday 11th December 2010

Dynamic medicine ball warm up - throw downs, Russian twists and wood chops; 10 reps of each - 3 circuits, then:-

20, 14, 10, 4 reps of the following exercises performed as a circuit

with minimal rest:-

1. Kettlebell Renegade rows - reps indicated is per side
2. Kettlebell alternate floor press - reps indicated is per side
3. Kettlebell windmills - reps indicated is the total of left & right
4. Kettlebell Turkish get ups - reps indicated is the total of left & right

Warm down with handstand kick-ups against a wall

Eischens Yoga

Friday 10th December 2010

Dynamic kettlebell warm up circuit of swings, cleans, snatches, presses & windmills using a lighter kettlebell than normal - do 2 to 3 circuits. Then:-

30:30 workout for 24 minutes

Work 30 secs, rest 30 secs on the following pairs - 8 minutes each pair

1. Kettlebell double arm swing
2. Box Squats
1. TNT cable bear crawls or skipping
2. Skaters
1. TNT swimmers or Hindu push-ups
2. Burpees

Rest 2 minutes, then:-

30:30 for 4 minutes:-

Kettlebell double snatch - beginners do cleans or swings

Eischens yoga

Thursday 9th December 2010

Warm up with Hindu push-ups - prison workout 10 down to 1, then:-

40:20 kettlebell snatches for 10 minutes

-work for 40 seconds on one arm, rest for 20 seconds and repeat on the other arm.

Target = 15 reps per work period giving you 150 reps for the 10 minutes - start off steady or you will pay for it later in the workout.

Advanced use a 24kg kettlebell, beginners stick to single arm swings.

Rest for 2-3 minutes, then:-

10 minutes of kettlebell jerk practice, focus on form.

Finish with 5 minutes of handstands kick-ups against wall.

Eischens yoga

Wednesday 8th December 2010

Warm up on punch bag for 5 mins - jabs, hooks and uppercuts - increase intensity for the last minute, then:-

40:20 workout - work for 40 seconds, rest for 20 seconds

Groups of 3 exercises, 40/20 for 9 minutes each group (3 times through), 27 minutes total

1.

- Diagonal wood chops - med ball or TNT cable
- Box step ups
- Skaters

2.

- Russian twists - med ball or TNT cable
- Mountain climbers
- Hindu push-ups

3.

- Medicine ball throw downs or sledgehammers on tyre
- Box squats

- Skipping rope

Eischens Yoga

Tuesday 7th December 2010

Warm up with dynamic medicine ball circuit - 10 throw downs, 10 Russian twists, 10 left wood chops, 10 right wood chops. Repeat 3 times, 1 minute rest between circuits.
Then:-

Kettlebell double swings

2 minutes work, 1 minute rest

Repeat 3 - 5 times

Then:-

10 minutes of kettlebell Turkish get ups

Eischens Yoga

Monday 6th December 2010

Warm up with Eischens Yoga, then:-

Five by Five workout

Perform the following circuit 5 x through with minimal rest:-

1. Kettlebell dead snatch 5 right, 5 left
2. Kettlebell press 5 right, 5 left
3. Kettlebell renegade row 5 right, 5 left (performed alternately)
4. Kettlebell windmills 5 right, 5 left (use a lighter kettlebell than usual)
5. Kettlebell double cleans x 5

Hindu push-ups prison work out 10-1

Sunday 5th December 2010

Rest and recuperation

Go for a walk in the country!

Eischens Yoga

Saturday 4th December 2010

Warm up with Eischens Yoga

Strength Endurance

- 16 minutes of Kettlebell snatches - work for 1 minute, rest for 40 secs. Change hands as required. Target = 210 to 230 reps. Advanced should aim for over 230 with a 24kg Kettlebell

Rest 3 mins, then:-

- Hindu push-ups - prison workout - 10 down to 1

Finish with core - 50 x Powerwheel or Jungle Gym roll outs AFAP

Friday 3rd December 2010

Warm up with Eischens Yoga

Perform the following circuit, working for 30 secs / rest for 30 secs for a duration of 30 minutes on the following:-

1. KB single arm snatch
2. Hindu push-ups
3. KB double squats
4. Sledgehammer on tyre or medicine ball throw downs
5. KB double arm swings
6. Burpees

Finish with 10 mins handstand practice against a wall

Thursday 2nd December 2010

Kettlebell dynamic warm with a lighter kettlebell than normal - swings, cleans & presses. Then:-

- 4 mins of kettlebell presses, 1 minute per arm, no rest

Rest 2 mins

- 4 mins of kettlebell cleans, 1 minute per arm, no rest

Rest 2 mins

- 4 mins of kettlebell snatches, 1 minute per arm, no rest

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

Eischens Yoga

Wednesday 1st December 2010

Dynamic warm up of 50 x Hindu push-ups in as few sets as possible

Then:-

- Kettlebell 15/15 snatch work-out for 10 minutes (20 working sets) - work for 15 secs, rest for 15 secs - swap hands each working set. Target = 6-7 reps per working set - advanced level should aim for 8 reps per working set using a 24kg kettlebell.

2 minutes rest, then perform the below triplex circuit for 3-4 rounds

1. Kettlebell windmills - x 5 per arm
2. Kettlebell renegade rows with legs raised - 8-10 reps per arm
3. Jungle Gym or ring press-ups - legs raised

Then:-

5 minutes of Kettlebell Turkish get-ups

Eischens Yoga