



October 2010 Daily Work Outs

Sunday 31st October 2010

Rest and recuperation Eischens Yoga

Saturday 30th October 2010

Dynamic warm up using a lighter kettlebell than normal:- Alternate swings, cleans, steady snatches, presses, windmills etc. (3 sets altogether). Then:-

Timed sets

- Kettlebell single arm cleans – 4 minutes, swap hands every minute

Rest 2 mins, then:-

- Kettlebell single arm snatches: 30/30 for 10 minutes – 30 seconds work, 30 seconds rest

Rest 2 mins, then:-

- Kettlebell single arm jerks: 30/30 for 6 minutes

Warm down with 10 minutes of hand stands against wall

Friday 29th October 2010

Insanity: *doing the same thing over and over again and expecting different results.* **Albert Einstein**

Think about this quote for a second and ask yourself, does this quote apply to the way you train?

Dynamic warm up with Medicine ball: 3 circuits of 10 x throw downs, side twists and left & right wood chops, then:-

Complete 4 rounds of the following, allowing 15 to 20 secs transition time between each exercise and 1 minute rest between each round:-

1. 10 x Kettlebell renegade rows with legs raised in bench / tyre
2. 10 x Kettlebell clean & press (5 per arm)
3. 15 x Kettlebell single arm swing right
4. 15 x kettlebell single arm swing left

Then:- 10 minutes Turkish get ups

Eischens Yoga

Thursday 28th October 2010

Dynamic warm up using a lighter kettlebell than normal:- Alternate swings, cleans, steady snatches, presses, windmills etc. (3 sets altogether). Then:-

Kettlebell Warrior Workout

Kettlebell snatches – 15/15 for 10 minutes (15 secs work / 15 seconds rest). Goal: 7 reps per 15 seconds, totalling 140 reps for the ten minutes. Male 16kg to 24k, female 10kg to 16kg Rest as required, then:-

Prison work out 10-1, alternating between the following exercises:-

- Press-ups – leg raised on box/tyre
- Jungle gym / ring body rows

Eischens Yoga

Wednesday 27th October 2010 Dynamic warm up using a lighter kettlebell than normal. Then:- Pushing circuit – do 3 to 5 rounds of the following:-

- 30 x press-ups with one arm elevated on medball (do 15 per arm)
- 20 x kettlebell goblet squats
- 20 x Kettlebell overhead presses – 10 per arm
- 6 x hand stand kick ups against a wall

Rest 2 mins Pulling circuit- do 3 to 5 rounds of the following:-

- 20 x alternate kettlebell renegade rows
- 10 x chin ups
- 10 x double kettlebell cleans
- 10 x jungle gym / ring body rows

Eischens Yoga

Tuesday 26th October 2010

Dynamic warm up using a lighter kettlebell than normal:- Alternate swings, cleans, steady snatches, presses, windmills etc. (3 sets altogether). Then:-

Perform 5 sets of the following bplex:- Rep range 6-10, allow 15 secs transition time between exercises.

1. Press-ups leg raised against a bench, platform or tyre
2. Jungle gym / ring row – legs raised Rest as required Then:-

Perform 5 sets of the following bplex:- Rep range 6-10, allow 15 secs transition time between exercises.

1. Box plyo-jumps or burpees (Beginners should do box squats)
2. Jungle gym leg curls or fit-ball / medball leg curls

Eischens Yoga

Monday 25th October 2010

Dynamic warm up using a lighter kettlebell than normal:- Alternate swings, cleans, steady snatches, presses, windmills etc. (3 sets altogether). Then:-

TABATA **Training**

What is Tabata training? The Tabata protocol was developed by Izumi Tabata from the National Institute of Fitness and Sports in Tokyo, Japan. It challenges both the aerobic and anaerobic systems in your body by using maximum effort intervals followed by a short rest. This enables you to burn more fat at rest by raising your metabolic rate. 20 secs work (at 100% effort) 10 secs rest x 8 sets:-

- Sledgehammer on tyre or med ball throw downs

Rest 2 minutes Then:- 20 secs work (at 100% effort) 10 secs rest x 8 sets:-

- Kettlebell snatches

Rest 2 minutes Then:- 20 secs work (at 100% effort) 10 secs rest x 8 sets:-

- Punch outs on punch bag

Rest 2 minutes Then:-

10 minutes of Kettlebell Turkish get ups

Warm down with Eischens yoga

Sunday 24th October 2010

Rest and recuperation

Eischens Yoga

Saturday 23rd October 2010

- 10 minutes of kettlebell Turkish get ups

“Go heavy” circuits:- Do four rounds of the following triplex, using a heavier kettlebell than normal:-

1. Single arm push press x 5 – left and right
2. Kettlebell renegade row x 10
3. Kettlebell cleans – x 8 – left and right 30 secs to 1 min rest between exercises 2 mins rest Then:-

3 rounds of the following quadraplex:-

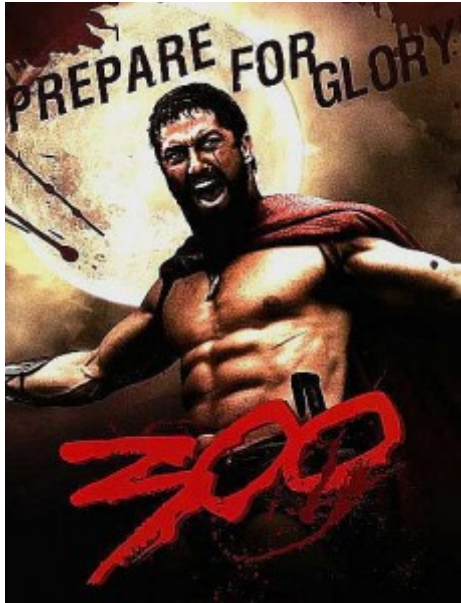
1. kettlebell double clean & jerk x 8
2. Jungle Gym or ring dips
3. No legs body row on Jungle Gym or rings
4. Hand stand press ups against a wall or inclined press ups – as many as possible

30 secs to 1 min rest between exercises

Eischens Yoga

Friday 22nd October 2010

Dynamic warm up with Medicine ball: 3 circuits of 10 x throw downs, side twists and left & right wood chops, then complete the following:- 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 Sitouts

Warm down with handstands against a wall

Thursday 21st October 2010

Dynamic warm up using a lighter kettlebell than normal:- Alternate swings, cleans, steady snatches, presses, windmills etc. (3 sets altogether) Then:-

Complete the following triplex circuit, 4 times through, with a max of 30 seconds rest between each exercise:-

1. Kettlebell Renegade rows – legs raised x 10
 2. Double kettlebell cleans x 10
 3. Double kettlebell push press x 10
- Then:-
2. Kettlebell snatch technique practice

Warm down with Eischens Yoga

Wednesday 20th October 2010

Eischens Yoga Skipping : 60/60 for 20 minutes – 60 secs work/60 secs rest
(Target: 150 turns per minute) Prison work out 10-1 – alternate between the following exercises:-

- Chin-ups
- Press-ups

Tuesday 19th October 2010

Warm up with 5 minutes of kettlebell Turkish get ups Then:-

10 x 10 work out

Alternate between 10 reps of each of the following until you have done 100 reps of each:- 1. Jungle Gym or Powerwheel roll outs x 10 2. Plyo press-ups x 10 Then:-
Alternate between 10 reps of each of the following until you have done 100 reps of each:-

1. Kettlebell double arm swings (go heavy) x 10
2. Alternate leg lunges x 10

Warm down with 5 minutes of hand stands against a wall

Monday 18th October 2010

Dynamic warm up with Medicine ball: 3 circuits of 10 x throw downs, side twists and left & right wood chops, then complete the following:-

- 60 seconds Kettlebell double swings
- 30 seconds rest
- 60 seconds Plyo-jumps
- 30 seconds rest

Repeat circuit 3 times, then:-

- 60 seconds alternate KB swings
- 30 seconds rest
- 60 seconds alternate leg lunges
- 30 seconds rest

Repeat circuit 4 times, then:-

- 60 seconds KB snatches
- 30 seconds rest
- 60 seconds Jungle Gym roll outs or ab plank

- 30 seconds rest

Repeat circuit 4 times Eischens Yoga

Sunday 17th October 2010

Rest & recuperation Eischens Yoga

Saturday 16th October 2010

Eischens Yoga

30/30 (Work 30 secs/rest 30secs) for 30 minutes:-

- Kettlebell Double swings
- Press-ups
- Kettlebell snatch
- Jungle gym body row / ring row
- Alternate leg lunges
- Med ball throw downs or sledge hammers on tyre

Warm down with hand stands against a wall

Friday 15th October 2010

5 minutes KB Turkish Get Ups Complete the following without rest:-

- 20 x kettlebell double arm swings
- 20 x kettlebell single arm swings (10 per arm)
- 20 x alternate kettlebell swings

Rest 2 minutes, then repeat for a total of 4 times

Then do as many as possible of the following for 2 minutes:-

- Kettlebell clean x 5
- Kettlebell jerk x 5
- Kettlebell snatch x 5

Rest 2 minutes and repeat the circuit for a total of 3 times

Eischens yoga

Thursday 14th October 2010

Dynamic warm up with Medicine ball: 3 circuits of 10 x throw downs, side twists and left & right wood chops, then complete the following:-

- 5 x KB single arm swings

- 5 x KB single arm cleans
- 5 x KB single arm jerks
- 5 x KB single arm snatches

Do the whole circuit using the same arm, rest one minute then repeat with the other arm and complete the circuit 6 times in total. Rest 2 minutes Double kettlebell clean to jerk prison work out from 7 down to 1 Warm down with handstand practice against a wall

Wednesday 13th October 2010

Dynamic warm up with Medicine ball: 3 circuits of 10 x throw downs, side twists and left & right wood chops, then complete the following:-

- 20 x KB Snatches (10 per arm)
- 30secs punch bag punch out
- 20 x KB Snatches (10 per arm)
- 45secs punch bag punch out
- 20 x KB Snatches (10 per arm)
- 60secs punch bag punch out
- 20 x KB Snatches (10 per arm)
- 45secs punch bag punch out
- 20 x KB Snatches (10 per arm)
- 30secs punch bag punch out

Eischens yoga

Tuesday 12th October 2010

Dynamic warm up with Medicine ball: 3 circuits of 10 x throw downs, side twists and left & right wood chops, then 5 circuits of the following:-

- 10 x tyre jumps or burpees
- 30 x sledgehammers or med ball throw downs
- 10 x Jungle Gym / Ring Row
- 10 x double kettlebell jerk
- 2 min punch bag



Eischens yoga

Monday 11th October 2010

Dynamic warm up with Medicine ball: 3 circuits of 10 x throw downs, side twists and left & right wood chops Then do four rounds of the following AFAP, alternate each round with left and right arm:-

1. kettlebell single arm swings x 5
2. KB single arm cleans x 5
3. KB single arm jerks x 5
4. KB single arm snatch x 5



Rest two minutes

Complete as many sets in time given of the following:-

1. Sitouts x 20
2. Alternate lunges x 20
3. Plyo pressups x 20
4. Umphas x 20

1st round 5 minutes 2nd round 4 minutes 3rd round 3 minutes 4th round 2 minutes 2 minutes rest between rounds

Warm down with Eischens yoga

Sunday 10th October 2010

Rest and recuperation Eischens yoga

Saturday 9th October 2010

Eischens yoga

Complete the following with as little rest as possible:-

- 2 minutes punch bag
- 100 x Kettlebell double swings
- 2 minutes skipping
- 100 x sledgehammers on tyre or med ball throw downs
- 2 minutes punch bag
- 100 x Kettlebell double cleans
- 2 minutes skipping

Warm down with hand stands against a wall

Friday 8th October 2010

5 minutes punch bag training

'Back to Basics' kettlebell circuit

Complete the following kettlebell circuit three times through as fast as possible (AFAP) Female: 8kg to 16kg Male: 16kg to 24kg

- 20 x double swings
- 3 x Turkish get ups per arm
- 12 x goblet squats
- 5 x clean & press per arm
- 5 x snatches per arm

Eischens yoga

Thursday 7th October 2010

5 minutes Kettlebell Turkish get ups

20 minutes 'top of the minute'

Alternate between the following exercises at the start of each minute – go heavy as possible

- Kettlebell snatch (advanced go doubles)
- Kettlebell Jerk (advanced go doubles)

Core workout

50 x Med ball wood chops (25 per side)

50 x Med ball side twists

50 x Kettlebell renegade rows

Eischens Yoga

Wednesday 6th October 2010

Warm up hand stand kick-ups against a wall – for 5 minutes

Kettlebell single arm clean and press:-

15/15 for 10 minutes. 15 secs work / 15 seconds rest – change arm each work period. Female 8kg to 16kg. Male 16kg to 24kg. Target = 100+ reps 2 minutes rest then perform the following triplex circuit:-

- Kettlebell double cleans x 10 – go heavy
- Kettlebell Turkish get ups x 2 per arm
- Kettlebell double arm swings x 20 – go heavy

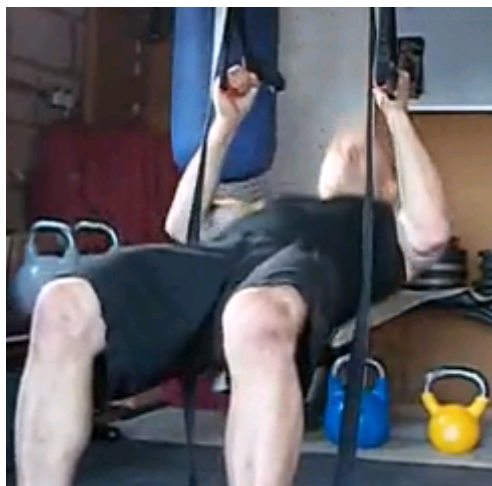
Repeat circuit four times, 15 seconds rest between exercises, 30 seconds rest between circuits

Eischens Yoga

Tuesday 5th October 2010

Warm up with medicine ball circuit of 10 throw downs, 10 side twists and 10 wood chops (both sides). Rest 1 minute and repeat circuit two more times.

- Jungle Gym body row x 100 – as fast as possible
- Jungle Gym roll outs x 100 – as fast as possible
- Kettlebell single arm clean and press x 100 (50 per arm) – as fast as possible



Rest 2 minutes

Kettlebell double cleans – prison workout, 10 to 1. (10,9,8,7,6.....1). Depending on current fitness level, use kettlebells from 10kg each to 24 kg each.

Eischens yoga.

Monday 4th October 2010

Warm up speed skipping

Gauntlet circuit

Perform 5, 10,15, 10, 5 of the following exercises in a continuous circuit:-

1. Kettlebell snatch – right hand
2. Kettlebell snatch – left hand
3. Vertical power jumps
4. T pressups – Alternate left and right Full recovery, then perform 5,10,15,10, 5 of the following exercises:-

1. Chin ups / pull ups
2. Declined pressups or Jungle Gym pressups
3. Alternate leg lunges
4. Kettlebell double arm swings – go heavy

Eischens Yoga

Sunday 3rd October 2010

Rest and recuperation

Eischens Yoga

Saturday 2nd October 2010

Warm up with hand stands against a wall

Card deck work out



Shuffle cards, as you deal each one in turn the value is the number of reps you do.
Jack = 11, Queen = 12, King = 13, Ace = 14

Beginner level: All picture cards are 10, Ace is low.

Take water breaks as required, but try to keep going continuously Exercises:-

- Hearts = Double kettlebell military press
- Diamonds = Double kettlebell swing
- Clubs = Double kettlebell squat
- Spades = Medicine ball wood chop or hanging leg raises
- Jokers = 25 pressups

Target time = < 40 minutes

Warm down with Eischens Yoga

Friday 1st October 2010

Warm up with Eischens Yoga

Fighter circuit: perform each exercise as fast as possible. Advanced; Aim for three circuits.

- 20 x med ball throw downs
- 40 x sit outs
- 60 x step ups or skipping double unders
- 80 x sledge hammers
- 200 x punch bag hits or TNT cable punches

