



September 2010 Daily Work Outs

Thursday 30th September 2010

Warm up with 3x body weight circuits of body weight squats (Hindu Squats), pressups and sit outs. Perform 10 to 20 reps of each exercise per set.

Prison work out 10-1. This mean 10 reps of each exercise, followed by 9, 8, 7 down to 1. Perform these in pairs as follows:-

1. Pressups or pressups on jungle gym
2. Chin-ups

Rest 2 minutes

1. Kettlebell racked squat: Use single or double. Beginner 25% of body weight, advanced 50%
2. Double Kettlebell deadlift: Beginner 50% to 75% of body weight, advanced 100%

Warm down with Eischens Yoga.

Any questions? E-mail:

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Wednesday 29th September 2010

5 minutes Kettlebell Turkish Get Ups

5 minutes kettlebell double hand swings: Female 10kg to 20kg, male 16kg to 32kg

5 minutes Kettlebell Turkish Get Ups

Eischens yoga

Tuesday 28th September 2010

Warm up with a mini circuit of 10 pressups, 10 body weight squats and 10 sit-outs – rest 30 secs and repeat twice

- 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 102 @ 24kg (no rest)
- Rest until full recovery
- Fat blaster work-out:-

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 27th September 2010

Warm up with a medicine ball circuit

5 x 5 workout:-

Go Heavy.

Do 5 rounds of the following pairs, resting for one minute after each round:-

First pair

1. Kettlebell double push press
2. Kettlebell double bent over row

Second Pair

1. Kettlebell double squat
2. Kettlebell double swing

Eischens Yoga

Sunday 26th September 2010

Eischens Yoga

Rest and recuperation

Saturday 25th September 2010

Warm up with Eischens Yoga

Skipping: 30/30 for 30 minutes – work for 30 secs, rest for 30 secs

Target is 80-100 revolutions per 30 seconds: advanced should do doubles for the 30 seconds

Friday 24th September 2010

Warm up with Eischens Yoga

Five by Five workout:-

Perform the following circuit 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

Press-ups prison work out 10-1

Thursday 23rd September 2010

Warm up with Eischens Yoga

Do six rounds of the following as fast as possible:-

Double kettlebell clean and press x 5

Kettlebell swing pass overs x 20

Rest 2 mins

10 minutes kettlebell Turkish Get Ups



Wednesday 22nd September 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 kettlebell swings per arm
- 10 x burpees

Warm down with handstand practice against a wall.

Tuesday 21st September 2010

Warm up with Eischens Yoga

Complete the following as fast as possible:-

- 50 x Jungle gym or ring body rows
- 100 x pressups
- 150 kettlebell double arm swings
- 200 body weight squats

Monday 20th September 2010

Warm up with Eischens Yoga

Prison workout 10-1

Rotate between the following four exercises from 10 to 1 of each:-

1. Jungle gym / ring body rows
2. Jungle gym / ring press-ups

3. Kettlebell snatch – right hand

4. Kettlebell snatch – left hand

10 mins of slow, controlled, backward, forward and alternate shoulder rolls



Sunday 19th September 2010

Skipping 30/30 – work for 30 secs, rest for 30 secs. For a total time of 30 minutes

(Speed rate: Aim for between 80 and 100 revolutions per 30 seconds)

Warm down with hand stand practice against a wall

Saturday 18th September 2010

It's been a challenging week of training

Eischens Yoga outside (no matter what the weather is like)

10 mins of slow, controlled, backward, forward and alternate shoulder rolls; after 10 mins your body will feel like you've had a complete massage.

Friday 17th September 2010

Warm up with Eischens Yoga

(30, 40, 50, 60) x 2

Repeat the following two times as fast as possible:-

- 30 Pressups, feet on box/tyre
- 40 Kettlebell renegade rows (20 per side)
- 50 Kettlebell snatches (25 per arm)
- 60 Sit Outs (see my exercise video page for example)

Warm down with 5 minutes of kettlebell Turkish get ups

Thursday 16th September 2010

Warm up with Eischens Yoga

10 minutes of Kettlebell Turkish Get Ups – focus on form, don't count reps

15/15 kettlebell single arm snatches – 15 secs work, 15 secs rest. Swap arms each work set.

Aim for 6 to 8 reps per 15 seconds of work, no less. This is an explosive dynamic 6 minutes!

12kg to 16kg or 20kg to 24kg

Wednesday 15th September 2010

Warm up with Eischens Yoga

Do the following paired circuits for time:-

1. Kettlebell push press x 5 per arm – go heavy
2. 'L' Chin ups (legs at 90 degrees to body) x 5

Repeat circuit five times with no rests

Rest two minutes

1. Kettlebell double cleans x 10
2. Plyo pressups x 10

Repeat circuit five times with no rest

Warm down with light kettlebell work

Tuesday 14th September 2010

Warm up with Eischens Yoga

“Back to basics” Kettlebell circuit.

This is one of my favourite kettlebell circuits: It exercises every part of your part of your body, can be done in less than 20 minutes and kicks your ass!

Repeat circuit 3 times and try not to rest – this will test your mental toughness.

1. Kettlebell double arm swings x 20 reps
2. Turkish get ups x 3 per arm

3. Racked squat x 12
4. Clean and press x 5 per arm
5. Snatch x 10 per arm

Warm down with hand stand practice against a wall

Monday 13th September 2010

Warm up with Eischens Yoga

Do the following reps of each in a continuous pyramid circuit: 15, 20, 25, 30, 25, 20, 15

Take a water break after each circuit

1. TNT cable Swimmers
2. Skaters
3. Med ball Log Jumps
4. Med ball squat to press
5. Umpas
6. Burpees

Sunday 12th September 2010

Warm up with Eischens Yoga

20/20 for six rounds (work 20 secs/rest 20 secs)- 1 min rest between rounds

1. Kettlebell snatch (change hands for each round)
2. Kettlebell push press (change hands for each round)
3. Sledge hammer on tyre or med ball throw downs
4. Jungle Gym / TRX / ring body rows

Warm down with hand stand practice

Saturday 11th September 2010

Eischens Yoga

Rest & recuperation

Friday 10th September 2010

Warm up with Eischens Yoga (FREE video coming soon – sign up to my newsletter at the top of the page)

15/15 work out

15 seconds exercise 1, 15 seconds rest,

15 seconds exercise 2, 15 seconds rest,

1. Kettlebell clean and press for 10 minutes – goal = 3 to 5 reps per 15 seconds = max of 100 reps. Advanced should use two kettlebells. Weight: 10 to 16kg / 16kg to 20kg or 20kg to 24kg+

Rest 2 minutes

2. KB swings alternated with hanging leg raises for 10 mins – goal = 5 reps per set = 50 swings & 50 hanging leg raises

Warm down with skipping

Thursday 9th September 2010

Warm up with Eischens Yoga

15/15 work out:-

15 seconds exercise 1, 15 seconds rest,

15 seconds exercise 2, 15 seconds rest,

repeat for a total of 16 minutes.

Alternate between:

1. Burpees
2. Jump Rope

Rest as needed, then repeat same format with:

1. Body Squat
2. Mountain Climbers

Wednesday 8th September 2010

Warm with Eischens Yoga

Power Wheel Roll out – Prison Workout – 10-1

Pressups – Prison Workout – 10-1 (Start from a higher number if able)

Jungle Gym Body Row – Prison Workout – 10-1

Tuesday 7th September 2010

Warm up with Eischens Yoga

Then... 40/20 conditioning workout – work for 40 seconds, rest for 20 seconds

5 rounds with one minute recovery between rounds

- TNT Cable swimmers or vertical jumps
- Kettlebell double snatches
- Med ball squat to press
- Jump rope or shuttle run
- Mountain climbers

Monday 6th September 2010

Warm up with Eischens Yoga

This is a tough one:-

Ladder down with 21,18, 15, 12, 9, 6, 3 per exercise. For instance do 21 reps of each exercise and then 18, then 15 etc:- Take water breaks as required.

1. Kettlebell double arm swings
2. Pressups
3. Jungle Gym Body Row
4. Burpess
5. Kettlebell snatch right
6. Kettlebell snatch left

Guys: 16kg to 24kg kettlebell

Ladies: 8kg to 16kg kettlebell

Warm down with handstands against a wall

Sunday 5th September 2010

Eischens Yoga

Rest and recuperation

Saturday 4th September 2010

Warm up with Eischens Yoga

Skipping: 30/30 for 30 minutes (work 30 secs/rest 30secs)

Friday 3rd September 2010

Warm up with Eischens Yoga

20:20 (work for 20 seconds, rest for 20 seconds) for 30 minutes on the following:-

1. Med Ball throw downs or med ball wood chops
2. Sit Outs (see my exercise video page for demo)
3. Hit a Punch bag or alternate cable punches
4. Skipping

Warm down with more Eischens yoga

Thursday 2nd September 2010

Warm up with Eischens Yoga

Do four sets each of the exercises in the below triplex – perform as a circuit allowing 15 secs transition time between each exercise:-

- Kettlebell double cleans – 8 to 12 reps per set
- KB Double snatches – 8 to 12 reps per set
- KB Double squats – 8 to 10 reps per set (go heavy)

Rest for 2 minutes, then do 3 sets each of the exercises in the below triplex- perform as a circuit allowing 15 secs transition time between each exercise:-

- Hand stand holds against the wall
- KB single arm push press – switch hands per set – go heavy
- KB windmill – switch hands per set

Warm down with jump rope training

Wednesday 1st September 2010

Warm up with Eischens Yoga

Card deck circuit – shuffle cards – turn each card over – this is the number of reps you do – Aces are 14, Jacks are 11, Queens are 12, Kings are 13.

Exercises:-

- Hearts = Med ball throw downs (3kg to 5kg)
- Diamonds = Jungle Gym pressups / or standard pressups
- Clubs = Sit outs
- Spades = Skipping x 10

Enjoy!

Refer to my Exercise video page for demonstrations:-

www.kickassfitnessuk.com/workout/fitness-exercise-videos/