



### November 2010 Daily Workouts

#### **Tuesday 30th November 2010**

Warm up the following mini circuit repeated 3 times on the Jungle Gym or rings:-

- Body row x 10
- Dips x 8-10
- Windshield wipers x 10

Then:-

**6x6x6:** Six exercises, six reps of each, 6 times through:-

- Double kettlebell swings
- Double kettlebell cleans
- Double kettlebell squat
- Double kettlebell push press
- Double kettlebell snatch (go lighter than normal)
- Double kettlebell jerk

Allow 20-30 secs between exercises and 1 min rest between circuits

Eischens Yoga

## **Monday 29th November 2010**

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

- 50 x Kettlebell snatch AFAP – 25 per arm. 2 mins rest, then:-
- Ladders – Kettlebell single arm clean and press – (1,2,3,4,5) x 3

2 mins rest then:-

Press-ups on kettlebell – 10 down to 1

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## **Sunday 28th November 2010**

Warm up 10 mins of handstand kick-ups against a wall, then:-

### **Kettlebell ladders**

- 10 x kettlebell hand to hand swings
- 15 secs rest
- 20 x KB hand 2 hand swings
- 30 secs rest
- 30 x KB hand 2 hand swings
- 45 secs rest
- 40 x KB hand 2 hand swings
- 60 secs rest

Complete a minimum of 2 circuits (200 reps) and Maximum of 5 circuits (500 reps)

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**Saturday 27th November 2010**

**Rest and recuperation**



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**Friday 26th November 2010**



Dynamic warm up using a lighter kettlebell than normal – swings, cleans, clean & jerks and snatches for 5 minutes, then:-

**20:20 workout**

Perform the following 20 exercises AFAP ( As fast as possible) – 20 reps of each:-

- Kettlebell double swings
- Kettlebell cleans (10 per arm)
- Kettlebell high pull (10 per arm)

- Kettlebell snatch (10 per arm)
- Kettlebell press (10 per arm)
- Kettlebell goblet squat
- Kettlebell push press (10 per arm)
- Sprinter lunges (10 per leg)
- Jungle Gym / Ring press-ups
- Jungle Gym / Ring body row
- Jungle Gym / Ring roll outs
- Burpees
- Jungle Gym / Ring chin ups
- Med ball or TNT cable wood chops
- Sit-outs
- Jungle Gym / Ring L Holds – 20 seconds
- Hindu Push-ups
- Jungle Gym / Ring windscreen wipers
- Med ball throw downs or sledge hammers on tractor tyre
- Box Squats

Done!

Eischens yoga

### **Thursday 25th November 2010**

Warm up with Eischens Yoga sequence, then:-

- 10 minutes of kettlebell double arm swings, 30/30 – work for 30 secs, rest for 30 secs

Rest 1-2 minutes, then:-

- 15 minutes of kettlebell single arm snatches 60/60 – Work for 60 secs, rest for 60 secs (change arm when required)

Rest 1-2 minutes, then:-

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

1. Chin-ups
2. Hindu push-ups

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

## Wednesday 24th November 2010

Dynamic warm up with 3 rounds of the following, resting 1 min between rounds:-

- Umphas x 20
- Sit-outs x 16
- Hindu push-ups x 10

**Then:-**

**Go Heavy!**



Perform 3 rounds of the following using a heavier kettlebell than normal, for example if you normal use 16kg, use a 20kg instead, or if you use a 24kg, use a 32kg instead. Perform on both the left and right arm

1. Kettlebell single arm swings – Minimum of 10 reps per arm
2. Kettlebell single arm cleans – 10+ reps per arm
3. Kettlebell single arm push press – 4+ reps per arm

Warm down with swings, cleans & snatches using a light kettlebell

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## **Tuesday 23rd November 2010**

*“No rest is worth anything except the rest that is earned”*. ~ Jean Paul

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

- 4 minutes of kettlebell cleans – 1 minute per arm, then:-
- 6 minutes 15/15 of kettlebell snatches – work for 15 secs, rest for 15 secs. Change arms each working set. The target is 8 snatches per working set = 96 in 6 minutes. Then:-
- 5 minutes of kettlebell Turkish get ups, then:-
- Hindu pushups – prison work out 10 down to 1

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## **Monday 22nd November 2010**

Warm up with 10 mins of handstand kick-ups and handstand lateral walks along a wall, then:-

12 rounds of Kettlebell long cycle (single arm clean and press) – work for 36 secs, rest for 36 secs. Swap hands each working set. Then:-

Perform the following circuit continuously for 15 minutes, allowing 20 secs transition time between exercises:-

1. Jungle Gym / ring row with legs raised 10-12 reps
2. Jungle Gym / ring pressups with legs raised 10-12 reps
3. Jungle Gym / ring alternate arm roll outs with legs raised 8-10 reps per arm
4. Jungle Gym / ring flyes with legs raised 8-10 reps per arm
5. Jungle Gym / ring hanging windshield wipers 6 to 10 each side

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## **Sunday 21st November 2010**

Rest and recuperation

Eischens Yoga

## **Saturday 20th November 2010**

### **Strength Saturday**

*“The only journey is the journey within” -Rainer Maria Rilke*

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

Heavy kettlebell snatches – 5 x 5 both sides, then:-

Perform the following in a circuit 5x though, with one minute rest between each circuit:-

1. Jungle Gym or ring dips – 5 to 10 reps
2. Kettlebell double cleans – 5 to 10 reps
3. Kettlebell double jerks – 5 to 10 reps
4. Kettlebell double squats – 5 to 10 reps

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## **Friday 19th November 2010**

### **Kettlebell Calorie Crushing Workout:-**

10 minutes of kettlebell Turkish get ups, then:-

Kettlebell hand-to-hand Swings – using a medium kettlebell.

Perform rounds of 60 seconds of H-2-H Swings. Rest 1 minute between rounds.

Perform for 20 minutes (10 rounds)

5 more minutes of Turkish get ups

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## **Thursday 18th November 2010**

5 minutes of kettlebell Turkish get ups, then:-

45:15 – work 45 secs, rest 15 secs on the following exercises for 4 rounds:-

1. Kettlebell double arm swings
2. Kettlebell goblet squats
3. Kettlebell single arm press (swap hands each round)
4. Jungle Gym/Ring roll outs or Powerwheel roll outs
5. Hindu Push-ups
6. Kettlebell renegade rows

Rest 2-3 minutes, then:-

60:30 – work for 60 secs, rest 30 secs on the following exercises for 4 rounds:-

1. Mountain climbers
2. Sledgehammer strikes on tyre or med ball throw downs

Eichens Yoga

## **Wednesday 17th November 2010**

5 minutes of double arm kettlebell swings, progressively increasing the weight each minute, for example:-

1 minute on each of the following with no rest: 12kg,14kg,16kg,24kg, 32kg

Rest 2 minutes, then:-

10 minutes 15/15 kettlebell snatches – work for 15 secs, rest for 15 secs, swapping hands each working set. Target is 7 reps per work set giving you 140 reps at the end of the 10 minutes.

Rest 2 minutes, then:-

30/30 for 4 rounds of the following exercises – work for 30 secs, rest for 30 secs:-

1. Jungle Gym / Ring Dips
2. Jungle Gym / Ring body rows

3. Sledgehammer strikes on a tyre or med ball throw downs



Eichens yoga

**Tuesday 16th November 2010**

*“A man’s health can be judged by which he takes two at a time; pills or stairs.”-  
Joan Welsh*

Warm up with 5-10 minutes of hand stand walks along a wall, then:-

**30, 40, 50, 60 for 30 minutes**

Do the following circuit as many times through for 30 minutes, resting as required and making sure you have three water breaks:-

- 30 x Hindu push-ups or standard push-ups
- 40 x alternate renegade rows (20 per arm)
- 50 x kettlebell snatches (25 per arm)
- 60 x Body weight squats

Eischens yoga

**Monday 15th November 2010**

*“The difference between the impossible and the possible lies in a man’s determination.” — Tommy Lasorda*

Dynamic warm up using a lighter kettlebell than normal:- Swings, cleans, presses and snatches (2 -3 sets). Then:-

5 Minutes of kettlebell snatches – change hands every 10 reps – target = 80 to 100+ reps

Rest 2 minutes, then:-

Alternate between the following exercises until all reps are completed:-

1. Jungle Gym or ring body row: 10,9,8,7,6,5,4,3,2,1

2. Hindu push-ups: 10,9,8,7,6,5,4,3,2,1

Rest two minutes, then:-

Alternate between the following exercises until all reps are completed:-

1. Jungle Gym/TRX or ring dips: 10,9,8,7,6,5,4,3,2,1

2. Kettlebell renegade rows (per arm): 10,9,8,7,6,5,4,3,2,1

Eischens yoga

## **Sunday 14th November 2010**

Rest and recuperation

Eischens Yoga

## **Saturday 13th November 2010**

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

100 x double Kettlebell clean, squat & press as fast as possible. Advanced kettlebell users should use 2 x kettlebell at a total of 50% body weight.

Rest as required then 5 to 10 min hand stand practice

10 minutes skipping

Eischens yoga

## **Friday 12th November 2010**

Dynamic body exercise warm up: 3 circuits of 8 x hindu push-ups (see demo below), 12 x sitouts and 20 x skaters, then:-

40:20 workout pairs. Work for 40 secs, rest for 20 secs. Performance 3 rounds of each of the following resting one to two minutes between each paired circuit:-

- 1. Kettlebell double swings 2. Hindu push-ups (see demo below)
- 1. Kettlebell clean & jerk (change hands at the half way point) 2. Kettlebell double cleans
- 1. Kettlebell snatch (change hands at the half way point) 2. Sprinter lunges
- 1. Kettlebell alternate swings 2. Pike ups

Warm down with 5 minutes hand stand kick ups against a wall

Eischens yoga

### **Thursday 11th November 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 quadruplex for 4 rounds, allowing 15 secs transition time between exercises and 1 minute rest between rounds:-

1. Kettlebell alternate renegade rows – 8 to 10 reps per arm
2. Double kettlebell cleans – 10 to 15 reps
3. Hindu pressups or pressups with legs raised – 10 to 15 reps
4. Double kettlebell kerks – 6 to 10 reps

5 mins of handstand kick ups against a wall

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### **Wednesday 10th November 2010**

5 minutes of kettlebell Turkish get ups, then:-

Kettlebell single arm snatch 36/36 **“warrior work-out”** for 20 working sets = 36 seconds work, 36 seconds rest for 20 sets, change arms each working set so you end up doing 10 sets per arm. The target is 260 to 300 reps, which is equal to a rate of 13 to 15 snatches per set. This is an intensive routine, so if you are new to kettlebell snatching only do half the allotted sets. Weight:- Female 8kg to 16kg, male 16kg to 24kg.

Finish with 5 more minutes of Turkish get ups

Warm down with Eischens yoga

### **Tuesday 9th November 2010**

Dynamic warm up using a lighter kettlebell than normal:- Swings, cleans, presses and snatches (2 -3 sets). Then:-

#### **“Swing When You’re Winning”**

Perform the following circuit 3 times with minimal rest:-

- 25 x double arm kettlebell swings – lighter weight than normal – 10kg to 20kg
- 25 x double arm kettlebell swings – medium weight – 12kg to 24kg
- 25 x double arm kettlebell swings – heavier weight than normal 20kg to 32kg

Then:-

Perform the following triplex circuit 5 times with 1 minute rest between circuits:-

1. Burpees x 10
2. Sprinter lunges x 20
3. Medball throw downs or sledgehammers on a tyre x 30

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## **Monday 8th November 2010**

5 minutes of skipping drills

### **Punch bag training**

- 3 x 3 minute rounds – Skill emphasis (1 min rest between rounds)
- 4 x 1 minute power punching (1 min rest between rounds)
- 10 x 15 second punch out rounds(45 seconds rest between rounds)

This routine will begin with three traditional rounds of bag work. Your focus should be on skill development. Throw combinations, moving left to right, and right to left. Integrate head movement, feints, and combination punching. Rest one-minute between rounds. Then proceed with 4 x 1 minute rounds of power punching. You will throw combinations with an emphasis on maximum power. This is no time to be practicing your jab. You will work solely on power punching. Each round should involve a max effort. Each punch will be thrown with bad intentions. Finally do 10 x 15 second punch out drills, resting 45 secs between each drill. A punch-out drill simply consists of a string of all out punches thrown in rapid succession without rest. This brief 10-minute punch out sequence is much more challenging than it appears. By reducing the length of the drill, you are able to maintain a true max effort from start to finish. These drills are excellent when training to improve speed, power, and anaerobic capacity.

Finish today's workout with a press-up prison work out from 10 down to 1

## **Sunday 7th November 2010**

Rest and recuperation

Eischens Yoga

## **Saturday 6th November 2010**

Dynamic warm up using a lighter kettlebell than normal:- Swings, cleans, presses and snatches (2 -3 sets). Then:-

**1. kettlebell clean and press for 10 minutes 15/15 = 15 seconds work, 15 seconds rest**

Advanced should use double kettlebells, otherwise use a single kettlebell alternating each arm per 15 second work period.

Target is 80 to 100+ reps for the 10 minutes, so that's 4 to 5 reps per work period.

5 minutes rest then:-

## **2. kettlebell squats and swings for 10 minutes 15/15**

Alternating between squats and swings per 15 second work period.

Advanced should use two kettlebells.

Target = 50 to 60+ squats and 80 to 90+swings.

Eischens yoga

## **Friday 5th November 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 prison workout from ten down to one, doing each exercise in a circuit:-

1. Pressups – advanced should do Hindu press-ups
2. Jungle Gym or ring body row
3. Double Kettlebell squats
4. Burpees

5 minutes of kettlebell Turkish get-ups

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## **Thursday 4th November 2010**

Dynamic warm up using a lighter kettlebell than normal:- Swings, cleans, pulls and snatches (2 -3 sets). Then:-

### **Kettlebell Complex**

50x Double Handed Swings

50x Single Arm Swing (25 each side)

50x Alternate Arm Swings

Complete 3 rounds. Minimal Rest

Skipping for 10-15 minutes, focus on form and skill

Eischens Yoga

### **Wednesday 3rd November 2010**

Dynamic warm up using a lighter kettlebell than normal:- Swings, cleans, pulls and snatches (2 -3 sets) Then complete the following AFAP:-

Kettlebell 'Back to Basics' Circuit:-

- 20 x Single arm swings (10 per arm)
- 3 x Turkish get ups per arm
- 12 x Double kettlebell squats
- 10 x Kettlebell clean and press (5 per arm)
- 20 x Kettlebell snatches (10 per arm)

Repeat circuit 3 times with minimal rest

Warm down with hand-stands against a wall

### **Tuesday 2nd November 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 as fast as possible:-

- 50 x Jungle Gym/ ring press-ups
- 50 x Jungle Gym/ring row
- 50 x Hindu squats or Jungle Gym-assisted pistol squats
- 50 x Jungle Gym/ring dips
- 50 x Jungle Gym/ring roll outs

10 mins Kettlebell Turkish get-ups

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### **Monday 1st November 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:-

#### **Heavy Bag Intensive Training**

The heavy bag is one of the oldest, most recognisable pieces of training equipment. Unfortunately, due to its commonality, the bag is often overlooked when searching for speed, power, and endurance. This is unfortunate, as the heavy bag is one the most sport-specific and effective training tools available.

Your workout is as follows:-

- 3 x 3-minute rounds – Skill emphasis
- 4 x 1-minute rounds – power boxing
- 5 x 30-second rounds – punch out drills

Rest one-minute between rounds. This routine will begin with three traditional rounds of bag work. Your focus should be on skill development. Throw multiple combinations, moving left to right, and right to left. Integrate head movement, feints, and combination punching. After three rounds are complete, proceed with four power-boxing rounds. Each round will be “fought” at full throttle with an emphasis on maximum power punches. Allow one-minute of rest between drills. Finish with five punch-out drills. Each drill will consist of one non-stop combination, thrown with maximum speed and power.

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