

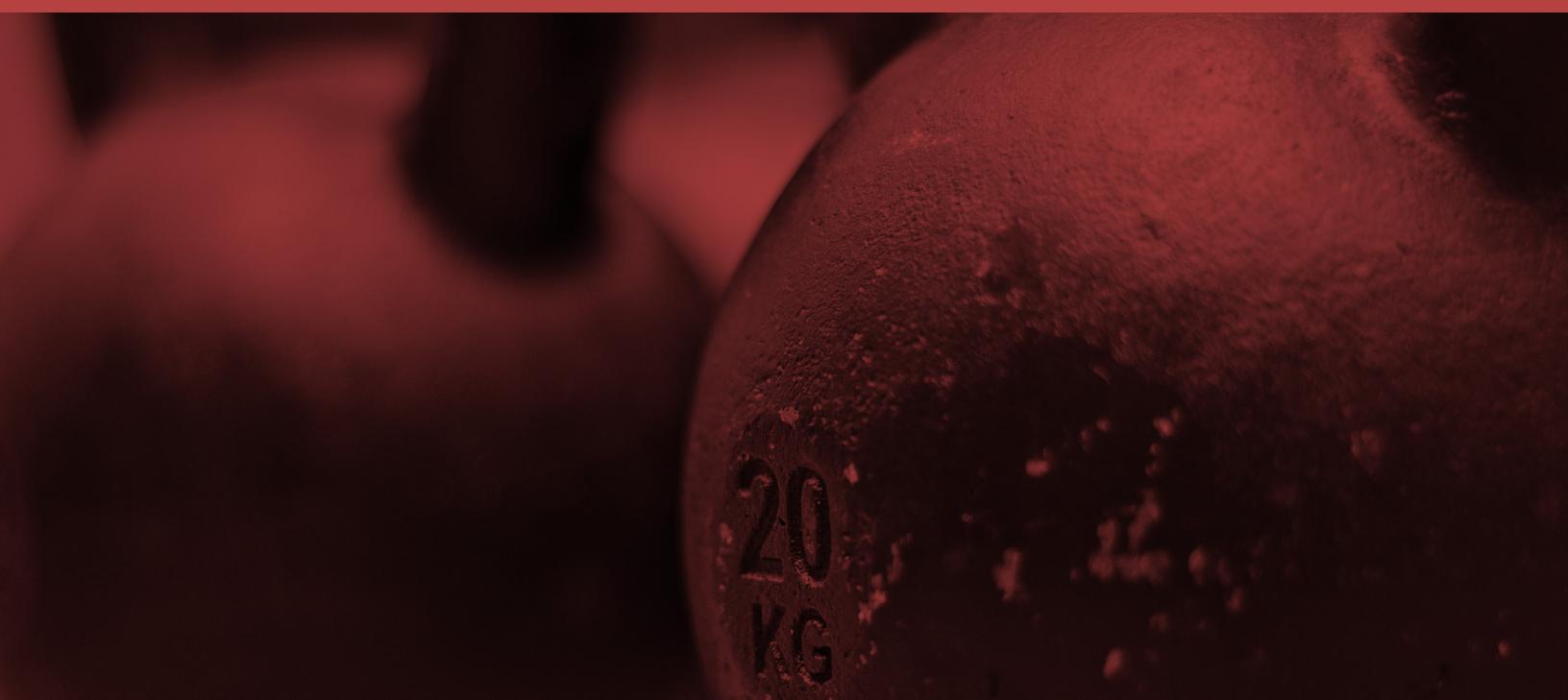
WILDMAN ATHLETICA



KETTLEBELL

NERD MATH SWING PROGRAM

R1.2



INTRO STUFF

Welcome to the “Wildman Athletica “Nerd Math” kettlebell swing program!

Initially created to train a diverse field of elite athletes—including stunt performers, circus performers, martial artists and Hollywood actors—the “Wildman Athletica ‘Nerd Math’ Swing program is focused on teaching athletes the most fundamental kettlebell swing patterns, for optimal advancement of training goals.

The techniques included in the “Nerd Math” kettlebell swing philosophy are uniquely successful because they are based upon proven, peer-reviewed teaching methods, designed and tailored to the feedback of an entire clientele base, allowing athletes to rapidly improve their overall fitness along such fundamental metrics as core strength, posterior chain strength, athletic endurance and work capacity. We will discuss these metrics in greater detail as we progress through the Wildman Athletica training techniques and philosophies.



INTRO STUFF

Athletes who follow the Wildman Athletica “Nerd Math” kettlebell swing program master safe body mechanics in a self-paced, results-driven environment, following a kettlebell program that helps athletes build flexibility, strength and agility, all of which are essential to the development of any stable, versatile and multi-faceted athletic skill set.

However, although industry-standard, “classic” kettlebell swing techniques are the foundational principles of this regimen, there are also a number of intermediate and advanced kettlebell training techniques in this program that are exclusive to the Wildman Athletica methodology.

With this model, users are able to follow along with a video as I demonstrate each new technique, in a process that promotes efficient and effective dynamic weight training for athletes who are new to this training modality.

I return to this model over & over again for two main reasons:

REASON ONE—because it works,

...and...

REASON TWO—because this regimen is the most complete, AFFORDABLE, FULLY-PORTRABLE program I have ever devised, which makes this training convenient for just about ANY athlete, anywhere in the world.

I should know: I’ve trained A-list actors and models, circus performers, beginner athletes, CrossFit athletes, Stunt performers and Adventure Racing enthusiasts, and all of them were appreciative that this program is both cost-effective and exceptionally portable. And that portability factor is extremely important, because it affords athletes the ability to continue their training even when the setting—indoors or outdoors, in all kinds of weather, at any time of the day (or night!)—is both unfamiliar and less-than-ideal.



INTRO STUFF

And kettlebells are all an athlete needs for the entire program: kettlebells are the most affordable and efficient tools for the training strategies to which I introduce all of my athletes.

And it's important to remember that this program is designed to be repeated for YEARS, as an athlete moves up through kettlebell weight categories, with as many weights as an athlete can lay hands on!

The relatively cost-effective kettlebell weight options I use (& recommend) most often are FAR more "travel-friendly" options than barbells or similar free weights and they can be used in any space, as long as there is enough room to stand, extend arms & swing the weights. And unlike barbells or other weights, kettlebells are not designed to be dropped (nor is "dropping" the kettlebell a part of the training modality; barbells, conversely, very much DO require an athlete to learn to "drop" the weight as a part of the training matrix) so since no special considerations like this must be made for kettlebell training, inside training with a kettlebell is easy to do. This means kettlebell training can commence without causing the athlete additional concern about disturbing neighbors or damaging floors and other property, which is a significant factor with the "weight drop" aspect of barbell training.

So—TRULY!—there are NO EXCUSES: it is ABSOLUTELY possible to achieve TOTAL BODY INTEGRATION following this program, along with demonstrable, dramatic improvement in overall fitness level, with results for these athletes that include:

- enhanced flexibility;
- refinement in range-of-motion;
- improvement in posterior chain strength;
- increased endurance;
- more fluid joint function and mobility



INTRO STUFF

And these benefits are just a few of the most rapidly-noticeable effects of this program, followed quickly thereafter by dramatic strengthening and rehabilitation of past injuries, all of which are trademark benefits of dynamic weight training.

Best of all, this training is available to literally everyone, with a minimal “start-up” investment in the necessary equipment.

In fact, if an athlete can only afford to purchase “one kettlebell weight at a time” as that athlete moves through this program, that’s great: any such athlete will be able to progress through this training regimen with ease, without breaking the bank.

That’s because this program was designed for efficiency: now more than ever before, when today’s athlete commits to a training regimen, that training must fit in with an athlete’s MANY other daily obligations, placing constraints on the available time and financial resources that athlete must use for training.

So when I designed the Wildman Athletica “Nerd Math” kettlebell swing program, I focused on devising a regimen that would deliver maximum benefit for a minimal investment of time and money.

The diverse field of athletic professionals who have achieved those objectives by following this program will attest that this training regimen performs exactly as it was intended to do when I designed it.

So come check out the Wildman Athletica “Nerd Math” kettlebell swing program and see the difference it can make in YOUR life: as always, I look forward to hearing from the athletes who are training with my program, and any feedback submitted is always reviewed and considered as I strive to perfect a kettlebell swing regimen that works for everyone!

-Mark Wildman



PROGRAM CONTENTS

This program consists of “FOLLOW-ALONG” VIDEOS and is accompanied by a series TRACKING SHEETS that will allow athletes to track a number of different core metrics while advancing through this program.

The entire Wildman Athletica “Nerd Math” kettlebell swing program is designed to be completed in as few as SIXTEEN (16) WEEKS, if an athlete is working out with only ONE (1) kettlebell weight.

This same kettlebell swing program also provides novel content for interested parties to pursue these kettlebell swings exercises for YEARS—as an athlete advances upward into heavier kettlebell weight classes/categories—utilizing repetition of the same basic strategies. Since each athlete’s progress through this regimen is unique to that athlete, this program is entirely self-paced, and it is limited only by THREE (3) factors:

ONE—the rate at which a given Kettlebell athlete gains STRENGTH;

TWO—the rate at which a given Kettlebell athlete gains ENDURANCE;

THREE—the NUMBER (in increasing kettlebell weight categories) of WEIGHTS an athlete is able to access, at any given point, during progression through this program.



HOW TO USE THE PROGRAM

This Kettlebell Swings Program is only ONE PART of a LARGER ATHLETIC STRATEGY known as the “Tetris of Training”, and it is a part of the “Nerd Math” kettlebell swing system, both of which are exclusive philosophies at Wildman Athletica.

This training philosophy has a wide scope: it uses different methodologies to combine different programs with different goals, which then builds effective programming, assisting athletes with any sport and augmenting training efficiency for people from all walks of life.

I chose to include the term “Tetris” in labeling this “Tetris of Training” because—philosophically speaking—this entire training strategy operates like that classic game “Tetris”: this training builds ONGOING skill sets upon a strong foundation of PRIMARY skill sets, all of which fit together to form a cohesive, SINGLE STRUCTURE of skills in an athlete’s “overall repertoire”.

This works just like “Tetris” in that the SINGLE STRUCTURE of skills that an athlete builds over time while using this program is made up of smaller “blocks” of skill sets; in “Tetris” the game goal is to do much the same thing—to build a solid structure out of smaller shapes, fitting each shape into its appropriate space using “spatial relations” skills.

As a general rule for scheduling training (to avoid “over-training” and burnout), athletes following the “Tetris of Training” as part of the Wildman Athletica “Nerd Math” kettlebell swing program should plan to do their kettlebell workouts TWO or THREE DAYS PER WEEK, based on whatever other athletic workload these athletes have built into their current, overall training strategy.

A PRIMARY GOAL of this program is to RAPIDLY IMPROVE the STRENGTH of POSTERIOR CHAIN MUSCULATURE in all athletes pursuing this regimen, which is a major factor in preventing & limiting injury (and even in remediating existing injuries, including potential “repetitive use” injuries, among others) in these and other large muscle groups that are affected by this program.



HOW TO USE THE PROGRAM

In more general athletic training, this program replaces traditional “deadlift” training, as both the deadlift and the kettlebell swing focus on developing the same fundamental movement pattern that targets the hip hinge, but they each use different equipment to accomplish that goal.

Deadlift training requires development of several skill sets, in order to be truly effective.

At the onset of training, an athlete following deadlift training requires:

- * a SEVEN (7) foot, Olympic-class training bar
- * a NUMBER of different plates, each of a different weight category (which is generally expensive)
- * a floor upon which an athlete can drop weights—repeatedly—often totaling several hundred pounds, PER DROP!

Most Deadlift training athletes may be able to purchase their Olympic-class bar and the attendant plates, but almost no one has consistent, ongoing, convenient access to a training location at which they can drop several hundred pounds of barbell weights on the floor—REPEATEDLY—for YEARS of training!

By contrast, anyone can easily access a TWO-FOOT-by-FOUR-FOOT (2ft x 4ft) space—about the size of the average coat closet—in which to swing a kettlebell weight.

Further, since kettlebell swing programs *never* require an athlete to drop the kettlebell weight on the floor, it is appropriate to perform a kettlebell swing program on any kind of flooring—even hardwood floors, which are found in big city apartments as well as in farm houses.

But what if an athlete can't find a “clear zone”—INDOORS—measuring 2ft x 4ft?



HOW TO USE THE PROGRAM

Well, luckily, athletes in my kettlebell (and other) training programs have sent in video of themselves working in barns, in fields, in driveways...and even in car parks! Still OTHER athletes train my programs in fancy hotel gyms, while others train in cosy, remote mountain cabins. I have trained this program in remote areas, myself, working with clientele whose jobs often take them into the untamed, rugged backcountry, in far-flung locales.

This program is TRULY designed to be done ANYWHERE, and training sessions can be completed in short periods of time, both of which are MAJOR FACTORS in preserving and achieving THE MOST IMPORTANT ASPECT of ALL athletic development:

CONSISTENCY.

Other goals of this kettlebell program include IMPROVING ATHLETIC ENDURANCE and IMPROVING POWER in all the muscle groups that are targeted by this system.

This particular kettlebell movement strategy was designed to COMPLEMENT OTHER “Nerd Math” STRATEGIES; I’ve devised:

ONE for the “Common Man”

...and...

ONE for the “Premiere Athlete”.



HOW TO USE THE PROGRAM

TRACKING YOUR PROGRESS

A DATA ENTRY FORM is included on a separate page of this booklet, providing space to record and track development through each progression.

Enter the date each workout is completed.

TRACK DATES of COMPLETION for EACH WORKOUT, using the SWING PROGRAM FORMS provided in this booklet.

PLEASE NOTE: TOTAL WORK CAPACITY for EACH WORKOUT HAS ALREADY BEEN PROVIDED.

REPEAT workouts if training is interrupted for more than a week while working through the Kettlebell Swings program.

ALL SCIENCE is based on DATA. The Wildman Athletic training philosophy is the only COMPREHENSIVE LIFESTYLE TRAINING PROGRAM on the market today that sees GOOD TRAINING PROGRAMS AS SCIENCE, so it's easy to see and to understand that RECORDING DATA is a KEY COMPONENT of the LIFE-LONG long athletic success this program creates and supports.



HOW TO USE THE PROGRAM

APPROACH

There are FOUR (4) TRAINING APPROACH options, based on movement complexity and training time allotment, for each weight level at which a given kettlebell athlete is training (whether that weight level is achieved via adding/subtracting weight(s) to a SINGLE, “adjustable kettlebell” OR whether a desired weight level is achieved according to how many of each “traditional kettlebell” weight class a person has on hand).



HOW TO USE THE PROGRAM

APPROACH 1—10 MINUTE — EMOM

A follow-along progression with the most basic technique. Most people will run this program idea, with anywhere from three (3) to ten (10) total weights.

Option A - (2HS) Two-Handed Swing

Option B - (H2H) Hand-to-Hand Swing

Option C - Most Common. Alternating minutes of 2HS & H2H Swing

APPROACH 2—20 MINUTES — EMOM

This is the same as Approach Number One (#1), BUT THIS STRATEGY has the TIME DOUBLED, so that THE WORK CAPACITY DOUBLES, as well.

THIS is a STRATEGY to GET MORE WORK FROM the SAME WEIGHT/WEIGHT LEVEL in order TO HELP the athlete SAVE MONEY, AFTER Approach Number One (#1) has been completed.

Option A - (2HS) Two-Handed Swing

Option B - (H2H) Hand-to-Hand Swing

Option C - Most Common. Alternating minutes of 2HS & H2H Swing

APPROACH 3—15 MINUTES — 10 ROUNDS, 90 SEC EACH

A follow-along START/STOP progression. This is an EVOLUTION of the BASIC SWING PROGRAM, which includes a “TOUCH-DOWN” in every rep. This ADDS COMPLEXITY and “TIME UNDER TENSION” to WEIGHT you have ALREADY COMPLETED, IMPROVING the most common mistakes that people make: the “SET-DOWN” and the “START” positions..

Option A - (2HS) Two-Handed Swing

Option B - (H2H) Hand-to-Hand Swing

Option C - Most Common. Alternating minutes of 2HS & H2H Swing

APPROACH 4—30 MINUTES — 20 ROUNDS, 90 SEC EACH

A follow-along START/STOP progression. This is the LONG VERSION of Approach Number Three (#3). This is the MOST INTENSE PATH through this basic program.

Option A - (2HS) Two-Handed Swing

Option B - (H2H) Hand-to-Hand Swing

Option C - Most Common. Alternating minutes of 2HS & H2H Swing



HOW TO USE THE PROGRAM

TRAINING SESSION

In general, I recommend that athletes at all levels of ability and fitness begin the Wildman Athletica Kettlebell Swings program with “Approach Number One (#1)”.

After that, progress through this regimen to either “Approach Number Two (#2)” or “Approach Number Three (#3)”, depending upon the amount of time there is to devote to the workout.



HOW TO USE THE PROGRAM

HELPFUL TIPS:

Generally, people who have plenty of time on any given day to devote to this kettlebell program should use Approach Number Two (#2).

If pressed for time, however, a person can expedite the program and do the “short version” of it by using Approach Number Three (#3).

Think of this “Approach’ Structure” as a “Choose-Your-Own-Adventure” odyssey, modeled after the WILDLY popular 1980’s/1990’s youth/young adult novel series of the same name.

Those classic young adult novels operated according to a certain formula, such that each novel was written around a unique base storyline, but readers would encounter “pre-sets” in that narrative at certain critical “plot-points”, presenting the reader with a choice between TWO course of through it, “certain s can use one of the THREE, PRE-SET kettlebell program “Approaches” to forge an independent path through the training session on any given day, completing A UNIQUELY-CHOSEN STRATEGY—in any order—according to an athlete’s daily schedule: the only governing factors are:

- how much time there is for a workout
- ...and...
- whatever kettlebell weight level an athlete possesses, at any given time.

Here are some other KEY POINTS to remember:

- TRAINING SESSIONS should be PERFORMED TWO-to-THREE TIMES PER WEEK, on NON-CONSECUTIVE DAYS, in order to avoid overtraining/burnout.
- It is important for an athlete to REPEAT THIS PROGRAM, MOVING UP with kettlebell WEIGHT CATEGORIES as new/heavier weights become available to the athlete.

THIS POINT IS ESSENTIAL, because as an athlete REPEATS the Wildman Athletica “Nerd Math” kettlebell swing program—even if that repetition is limited to one particular kettlebell weight category (while an athlete is waiting to obtain a kettlebell that advances



HOW TO USE THE PROGRAM

training UPWARD, to the next kettlebell weight category)—STRENGTH, FLEXIBILITY, DEXTERITY, COORDINATION and AGILITY WILL IMPROVE, promoting a better overall outcome as an athlete works toward MASTERY of this COMPLEX and CHALLENGING program.

The OVERALL OBJECTIVE of this “Approach Training Structure” is for an athlete to become EXTREMELY GOOD at “the basics” of each kettlebell weight category, according to a given Approach Strategy. An athlete who has achieved such excellence elevates their athletic performance, with enhanced skill/skill sets upon which OTHER, MORE ADVANCED skills/skill sets will be built, as that athlete progresses through the entire, MULTI-YEAR Wildman Athletica “Nerd Math” kettlebell swing program.

Essentially, the entire Wildman Athletica “Nerd Math” kettlebell swing program can be distilled into an easy mantra: the MOVEMENT PATTERNS that comprise each skill set are basic, but the STRATEGIES that govern each approach are complex.

For a checklist that will help track PROGRESS through this program—at each weight level—PLEASE SEE the “Kettlebell Weights” SECTION of this booklet.



FAQ'S

WHAT IS A PROGRESSION

Using a single weight, a progression is a series of training sessions that builds over time. Using a TEN (10) MINUTE, Every Minute On the Minute" (EMOM), an athlete STARTS a progression by doing SIX (6) REPS of "TWO-HANDED SWINGS (2HS)" at the TOP of EVERY MINUTE, for TEN (10) minutes.

When recording this particular exercise in the DATA TRACKING SECTION (included in this .PDF, for athlete to print out at beginning of training), this would be written as:

"10x6 2HS".

Each training session ADDS TWO (2) REPS PER MINUTE, until the athlete reaches TWENTY (20) REPS PER MINUTE, FOR TEN (10) MINUTES.

Training sessions for each progression should be done on non-consecutive days.

FOR EXAMPLE, if an athlete is doing APPROACH NUMBER ONE (#1), OPTION "A", training TWICE PER WEEK, the PROGRESSION would be:

Week One (1), Day One (1)—10x6 2HS
Week One (1), Day Two (2)—10x8 2HS
Week Two (2), Day One (1)—10x10 2HS
Week Two (2), Day Two (2)—10x12 2HS
Week Three (3), Day One (1)—10x14 2HS
Week Three (3), Day Two (2)—10x16 2HS
Week Four (4), Day One (1)—10x18 2HS
Week Four (4), Day Two (2)—10x20 2HS



FAQ'S

Once finished, the athlete will then switch to the TWENTY (20) MINUTE EMOM, which looks like this, for DATA RECORDING:

Week 5, Day One (1)—20x6 2HS
Week 5, Day Two (2)—20x8 2HS
Week 6, Day One (1)—20x10 2HS
Week 6, Day Two (2)—20x12 2HS
Week 7, Day One (1)—20x14 2HS
Week 7, Day Two (2)—20x16 2HS
Week 8, Day One (1)—20x18 2HS
Week 8, Day Two (2)—20x20 2HS

You could then move to another Approach, or grab a heavier kettlebell and start the progression again.

The classical weights are 16kg, 24kg, and 32kg for men, and 8kg, 12kg, and 16kg for women.

However, with the large jumps in weights, a more common weight progression in weights would be 16kg, 20kg, and 24kg for men, and 8kg, 10kg, and 12kg for women.

The tracking for this would be written using the Weight, the Approach (or sets), and the reps. So, the first training day from the above approach Two-Handed Swing (2HS), using a 16kg kettlebell, would be written as:

"16x10x6 2HS".

A sample progression for a Two-Handed Swing (2HS), and Start/Stop Two-Handed Swing (SS-2HS) based on the strategy above for would be:



FAQ'S

16kg		20kg		24kg	
Week 1 - 1	16x10x6 2HS	Week 17 - 1	20x10x6 2HS	Week 33 - 1	24x10x6 2HS
Week 1 - 2	16x10x8 2HS	Week 17 - 2	20x10x8 2HS	Week 33 - 2	24x10x8 2HS
Week 2 - 1	16x10x10 2HS	Week 18 - 1	20x10x10 2HS	Week 34 - 1	24x10x10 2HS
Week 2 - 2	16x10x12 2HS	Week 18 - 2	20x10x12 2HS	Week 34 - 2	24x10x12 2HS
Week 3 - 1	16x10x14 2HS	Week 19 - 1	20x10x14 2HS	Week 35 - 1	24x10x14 2HS
Week 3 - 2	16x10x16 2HS	Week 19 - 2	20x10x16 2HS	Week 35 - 2	24x10x16 2HS
Week 4 - 1	16x10x18 2HS	Week 20 - 1	20x10x18 2HS	Week 36 - 1	24x10x18 2HS
Week 4 - 2	16x10x20 2HS	Week 20 - 2	20x10x20 2HS	Week 36 - 2	24x10x20 2HS
Week 5 - 1	16x20x6 2HS	Week 21 - 1	20x20x6 2HS	Week 37 - 1	24x20x6 2HS
Week 5 - 2	16x20x8 2HS	Week 21 - 2	20x20x8 2HS	Week 37 - 2	24x20x8 2HS
Week 6 - 1	16x20x10 2HS	Week 22 - 1	20x20x10 2HS	Week 38 - 1	24x20x10 2HS
Week 6 - 2	16x20x12 2HS	Week 22 - 2	20x20x12 2HS	Week 38 - 2	24x20x12 2HS
Week 7 - 1	16x20x14 2HS	Week 23 - 1	20x20x14 2HS	Week 39 - 1	24x20x14 2HS
Week 7 - 2	16x20x16 2HS	Week 23 - 2	20x20x16 2HS	Week 39 - 2	24x20x16 2HS
Week 8 - 1	16x20x18 2HS	Week 24 - 1	20x20x18 2HS	Week 40 - 1	24x20x18 2HS
Week 8 - 2	16x20x20 2HS	Week 24 - 2	20x20x20 2HS	Week 40 - 2	24x20x20 2HS
Week 9 - 1	16x10x6 SS-2HS	Week 25 - 1	20x10x6 SS-2HS	Week 41 - 1	24x10x6 SS-2HS
Week 9 - 2	16x10x8 SS-2HS	Week 25 - 2	20x10x8 SS-2HS	Week 41 - 2	24x10x8 SS-2HS
Week 10 - 1	16x10x10 SS-2HS	Week 26 - 1	20x10x10 SS-2HS	Week 42 - 1	24x10x10 SS-2HS
Week 10 - 2	16x10x12 SS-2HS	Week 26 - 2	20x10x12 SS-2HS	Week 42 - 2	24x10x12 SS-2HS
Week 11 - 1	16x10x14 SS-2HS	Week 27 - 1	20x10x14 SS-2HS	Week 43 - 1	24x10x14 SS-2HS
Week 11 - 2	16x10x16 SS-2HS	Week 27 - 2	20x10x16 SS-2HS	Week 43 - 2	24x10x16 SS-2HS
Week 12 - 1	16x10x18 SS-2HS	Week 28 - 1	20x10x18 SS-2HS	Week 44 - 1	24x10x18 SS-2HS
Week 12 - 2	16x10x20 SS-2HS	Week 28 - 2	20x10x20 SS-2HS	Week 44 - 2	24x10x20 SS-2HS
Week 13 - 1	16x20x6 SS-2HS	Week 29 - 1	20x20x6 SS-2HS	Week 45 - 1	24x20x6 SS-2HS
Week 13 - 2	16x20x8 SS-2HS	Week 29 - 2	20x20x8 SS-2HS	Week 45 - 2	24x20x8 SS-2HS
Week 14 - 1	16x20x10 SS-2HS	Week 30 - 1	20x20x10 SS-2HS	Week 46 - 1	24x20x10 SS-2HS
Week 14 - 2	16x20x12 SS-2HS	Week 30 - 2	20x20x12 SS-2HS	Week 46 - 2	24x20x12 SS-2HS
Week 15 - 1	16x20x14 SS-2HS	Week 31 - 1	20x20x14 SS-2HS	Week 47 - 1	24x20x14 SS-2HS
Week 15 - 2	16x20x16 SS-2HS	Week 31 - 2	20x20x16 SS-2HS	Week 47 - 2	24x20x16 SS-2HS
Week 16 - 1	16x20x18 SS-2HS	Week 32 - 1	20x20x18 SS-2HS	Week 48 - 1	24x20x18 SS-2HS
Week 16 - 2	16x20x20 SS-2HS	Week 32 - 2	20x20x20 SS-2HS	Week 48 - 2	24x20x20 SS-2HS



FAQ'S

GLOSSARY—DEFINING “MARK SPEAK”

EMOM—Every Minute On the Minute

2HS—Two-Handed Swing

H2H—Hand-to-Hand Swing

START/STOP 2HS—Start/Stop Two-Handed Swing, also can be written as SS2HS

START/STOP H2H—Start/Stop Hand-to-Hand Swing, also can be written as SSH2H

Alt—Alternating

Work—The amount of weight actually moved during training. Work can be calculated by multiplying the weight used times the number of sets or minutes times the reps per minute. $\text{Work} = \text{Weight} \times \text{Sets} \times \text{Weight}$

Contraindication— A “contraindication” is really just a fancy training term that refers to any/all prior (and/or ongoing) injuries (and/or mobility issues) a person/athlete may experience while performing physical labor &/or training, some of which may affect joints and connective tissues (which may, in turn, limit an athlete’s immediate ability to handle standard weight training in disciplines including—but not limited to—kettlebell training).

CHOOSING A STRATEGY

The STRATEGY an athlete chooses should be based upon TWO MAIN FACTORS:

- How much TRAINING TIME does the athlete have?
- ...and...
- What EQUIPMENT does the athlete have with which to train?



FAQ'S

STRATEGY TO GET STARTED

Approach One (1): Option A: Ten (10) minute, Two-Handed Swing (2HS) program

Approach One (1): Option B: Ten (10) minute, Hand-To-Hand Swing (H2H) Program

Approach One (1): Option C: Ten (10) minute, Alternating sets between

Two-Hand ed Swings (2HS) and Hand-To-Hand Swings (H2H)

Approach Two (2): Option A: Twenty (20) minute, Two-Handed Swing (2HS) program

Approach Two (2): Option B: Twenty (20) minute, Hand-To-Hand Swing (H2H) Program

Approach Two (2): Option C: Twenty (20) minute, Alternating sets between

Two-Handed Swings (2HS) and Hand-To-Hand Swings (H2H)

Approach Three (3): Option A: Fifteen (15) minute, Start/Stop Two-Handed (2HS) program

Approach Three (3): Option B: Fifteen (15) minute, Start/Stop Hand-To-Hand Swing
(H2H) Program

Approach Three (3): Option C: Fifteen (15) minute, Alternating sets between Start/Stop
Two-Handed (2HS) and Start/Stop Hand-To-Hand Swings (H2H)

Approach Four (4): Option A: Thirty (30) minute, Start/Stop Two-Handed (2HS) program

Approach Four (4): Option B: Thirty (30) minute, Hand-To-Hand Swing (H2H) Program

Approach Four (4): Option C: Thirty (30) minute, Alternating sets between Start/Stop
Two-Handed (2HS) and Start/Stop Hand-To-Hand Swings (H2H)

WHAT TO DO IF YOU HAVE ONLY ONE (1) KETTLEBELL

If an ATHLETE has only ONE (1) KETTLEBELL, (for now), DON'T WORRY: there are FOUR (4) PROGRAMS the athlete can do WITH THAT ONE KETTLEBELL.

Well...actually, those "FOUR PROGRAMS" are actually the SAME PROGRAM but THAT ONE PROGRAM is PRESENTED (& it can be done) in FOUR (4) DIFFERENT WAYS.

So the ATHLETE who follows this program—doing ALL FOUR (4) of these KETTLEBELL SWING OPTIONS—will get really, really, REALLY GOOD at KETTLEBELL SWING TECHNIQUES...and that's a good thing! It's a good thing because DOING *ANY* FUNDAMENTAL TECHNIQUE over & over again—AKA "SWING TECHNIQUE"—makes an athlete extremely good at that skill. In THIS case, the ATHLETE ACES some FUNDAMENTAL KETTLEBELL SWING TECHNIQUE, which in a "KETTLEBELL SWINGS PROGRAM" is very important.



FAQ'S

TEN (10) MINUTE EMOM—TWO (2) workouts per week, for FOUR (4) weeks—altering approach

- TWO-Handed (2H) Swings in minute ONE (1)
- Hand-to-Hand (H2H) Swings in minute TWO (2)
- Repeat until athlete reaches TEN (10) minutes

After completion of this progression, proceed to:

FIFTEEN (15) MINUTE, Ten (10) ROUNDS, 90 SECONDS each—TWO (2) workouts per week, for FOUR (4) weeks—altering approach

- START/STOP, TWO-Handed (2H) Swings in minute ONE (1)
- START/STOP, Hand-to-Hand (H2H) Swings in minute TWO (2)
- Repeat until athlete reaches FIFTEEN (15) minutes

After completion of this progression...

...double the time...

TWENTY (20) MINUTE EMOM—TWO (2) workouts per week, for FOUR (4) weeks—altering strategy (approach?)

- TWO-Handed (2H) Swings in minute ONE (1)
- Hand-to-Hand (H2H) SWINGS in minute TWO (2)
- Repeat until athlete reaches TWENTY (20) minutes



FAQ'S

After completion of this progression, proceed to:

THIRTY (30) MINUTE, TEN (10) ROUNDS, 90 SECONDS each—TWO (2) WORKOUTS PER WEEK, FOR FOUR (4) WEEKS—altering strategy (approach?)

- START/STOP, TWO-Handed (2H) Swings in minute ONE (1)
- START/STOP, Hand-to-Hand (H2H) Swings in minute TWO (2)
- Repeat until athlete reaches THIRTY (30) minutes

Total time to complete ONE (1) weight: SIXTEEN (16) weeks;

Total time to compete THREE (3) weights: SIXTEEN (16) weeks x 3 weights = 48 weeks.

WHY KETTLEBELLS?

Kettlebells offer a relatively affordable cost, considering for how versatile they are as a training tool. They are durable; it's almost impossible to damage or break them. In an uncertain world, the benefits kettlebells offer are reliable, as they yield hours—and in some cases, as with this program, kettlebells can provide athletes YEARS of challenging, portable and affordable training options.

WHY KETTLEBELL SWINGS?

The Wildman Athletica Kettlebell Swings program utilizes kettlebells in place of a barbell deadlift program, as that need was an organic outgrowth of a change in the needs of my clientele base when I started training elite athletes and other "high-profile" individuals.

This program is designed with a variety of goals in mind, most of which were born in the studio when I was faced with the prospect of training Hollywood actors who were shooting on location—more often than not moving around internationally from place-to-place—which meant they required a training regimen with portable tools that were robust enough to survive in extreme weather conditions, in very remote places, all over the world.

In response to this need, we researched the benefits of a multi-faceted training regimen centered around the benefits of a very cost-effective tool that I already had available—in a



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heavy daily use rotation—in my studio: kettlebells.

I began to think about what a remote-location training day—centered around kettlebells—would look like, according to the logistics needs of my clientele. But most importantly, I had to devise a program that would take into consideration all of the very physical work—including limited stunt and effects work—that would be required of my actors.

It was my responsibility to ensure my clients could be on set with their training tools, fully-prepared for a long day of physical—and potentially-dangerous—stunt work. We needed to cover weight training for fundamental movements that could be quickly established as a base for more advanced skills, and that were also universal enough to provide these clients with MORE than just strength: these athletes also required dexterity, agility, endurance and flexibility in order to move safely and efficiently through whatever the script on a given day required of that actor/athlete.

Here are the things we discovered:

- Kettlebell swings are a fundamental movement pattern; the single “hip-dip” movement pattern is absolutely essential to developing a rock-solid athletic base;
- Kettlebell swings are substantially cheaper than a barbell setup;
- Kettlebells are portable: put them in the back of the car and use them to train anywhere in the world;
- Kettlebells require very little space to use, so they are as ideal for use in a small apartment as they are in an open field;
- Kettlebells are durable: it is almost impossible to damage them. Considering that I make it a point to put all of my training equipment through RIGOROUS USE (all but trying to destroy these items), it is a rare and SIGNIFICANT product that can withstand such use and come out of the experience unscathed. Kettlebells—and a VERY few other training tools, which I'll be addressing in separate programs—have earned their “virtually indestructible” reputation. I can not recommend them highly enough, to EVERY athlete, at ANY LEVEL of their training, regardless what sport or training modality they follow).



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WHY HARD STYLE SWINGS?

The “Hard-Style”, single “hip-dip” kettlebell swing is the absolute easiest movement to learn in the entire compendium of kettlebell swing movements, and it offers the greatest degree of benefit for the time and money an athlete will spend when first purchasing their weight training tool and learning to use it.

When a “risk/reward” analysis is applied to the average kettlebell swings program, the “Hard-Style” kettlebell swings demonstrate the lowest potential for accidental self-harm while also offering the greatest opportunity for—and most rapid onset of—enhanced strength and dexterity, along with an advanced skill set and other attendant benefits.

WHAT WEIGHT SHOULD I BE WORKING TOWARD ?

The Primary Kettlebell Weight categories for men have historically been 16 kg (35.2 lbs), 24 kg (52.8 lbs) and 32 kg (70.4 lbs)

This is an excellent weight range toward which men should aspire, because weights in this range represent realistic burdens that men—in particular—are likely to encounter in everyday life. With that in mind, it's easy to see how useful it is to able to move weights in this category.

Furthermore, most men who encounter these weight categories in everyday life do so in the context of their manual labor employment, which usually means that they are not required to merely pick up and then immediately set down the weights they carry. In light of this common reality, “time under tension” kettlebell weight training offers a substantial benefit.

Men who work on farms and ranches; men who work to serve their communities as firefighters, police and EMT/paramedics and men who handle heavy—and often oversized and/or awkward—weight burdens, like commercial construction professionals and heavy inventory movers, are all required to handle very heavy loads—FOR LONG PERIODS OF TIME. So the best kettlebell training for men is purposely directed at helping these populations develop ENDURANCE, IN ADDITION TO augmenting STRENGTH, as a matter of routine focus for contemporary kettlebell trainers.

It's important to note, though, that not all of the heavy loads men will encounter are related to their employment. Even in this “Digital Age”, people still enjoy hobbies and pastimes in “The Great Outdoors”, like hunting, fishing, camping and hiking, all of which habitually



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require these outdoor enthusiasts to carry heavy gear over moderate-to-long distances, over uneven terrain, in volatile, unpredictable weather conditions, and are almost always enjoyed in remote, wild landscapes, far from other humans.

Some kettlebell athletes are challenged by physical “contraindications”, which can create a roadblock to traditional weight training. A “contraindication” is really just a fancy training term that refers to any/all prior (and/or ongoing) injuries (and/or mobility issues), some of which may affect joints and connective tissues (which may, in turn, limit a man’s immediate ability to handle standard weight training in disciplines including—but not limited to—kettlebell training). So if a man is dealing with injuries like this, it’s wise to start their kettlebell training with a 12kg (26.4 lbs) weight denomination.

Traditional Kettlebell weights come from Soviet Russia so the original Math was written in Pood.

1 Pood = 16 kg = 35.2 lbs

1.5 Pood = 24 kg = 52.8 lbs

2 pood= 32 kg = 70.4 lbs

The “average” adult male can work in the 24kg to 26 kg range for years. These weights are commonly used because (as briefly discussed above), they represent the same basic weight-lifting categories people frequently encounter in the course of regular, everyday life in the modern world. Drawing from the examples listed above, let’s look at one OCCUPATIONAL scenario and one HOBBY/LEISURE scenario. Consider the following:

FARMERS/RANCHERS: people working in this occupation typically encounter bags of grain, the average weight of which is about 50lbs;

HUNTERS, FISHERMAN, CAMPERS & HIKERS: people who pursue these and other, related activities in their leisure time often carry backpacks loaded with all the gear they will need while they are out enjoying nature. The weight of the average backpack belonging to a “back country” hiking/camping devotee weighs anywhere from 50lb to 70lb.

These are relatively-accurate weight figures, as based upon (and determined by) data from scientific studies on these subjects, to which professional trainers will refer when developing accurate “working weight strategies” that are targeted at improving an athlete’s ability “in studio” to function well and (potentially) for long periods of time, under the same weight denominations each of these people will encounter “in real life”.



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When devising weight training strategies for women, we look at some of the same metrics, according to SIMPLE MATHEMATICAL AVERAGES. These numbers ARE NOT sexist, but they DO show that women are statistically less likely to encounter the same weight burdens in their everyday lives than men do, ALTHOUGH THERE ARE EXCEPTIONS TO THAT RULE! Additionally, the weight-bearing data we DO have demonstrates that women are less likely to work manual labor jobs, but that even if/when they DO work in the same manual labor jobs listed above for the men, those women are not routinely required to handle the same weight burdens in the course of their occupational duties. The data for OCCUPATIONAL weight burdens for women shows that:

FEMALE FARMERS/RANCHERS: these women commonly lift weights in the 8 kg (17.6lbs.) through 12kg (26.4lbs) range, with a similar range of weight burdens in community-service jobs;

COMPETITIVE SPORTS: the mathematical spread becomes a bit narrower when we look at recreational data for women, which shows that women commonly lift weights in denominations much closer to that of men. For example, women involved with Girevoy Sport compete by lifting weights up to, including and even BEYOND the 24kg range.

Moreover, women can comfortably work with weights that coincide with the average weight of a FOUR- or FIVE- year-old child, most of whom weigh between 40lbs to 50lbs.

Basic figures available from the Crossfit community indicate that women typically choose weights at roughly 70% the weight burden males are expected to lift.

In general, kettlebells build long, lean muscle mass, and pound-for-denominational-pound, these tools build the most endurance for a given level of effort exerted by the average kettlebell swings athlete. More specifically they continue to tone important large muscle groups—like hamstrings, quadriceps and the entire gamut of gluteal muscles—with a greater degree of efficiency than any of the other mainstream tools that target these same, vitally-important muscle groups, rendering other (expensive) equipment options available.

The Wildman Athletica Kettlebell Swings program was developed to capitalize upon these exceptional metrics, as a direct reaction to the implications in the data of modern kettlebell, as described above.

AGAIN, it is EXTREMELY IMPORTANT to note that these figures may vary greatly, based on



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a given woman's overall frame size, body type, body weight composition and previous training, when compared to men who hit similar benchmarks that typify THE EXACT SAME metrics within the male sex/gender.

ADDITIONALLY, it MUST be noted that ANYONE—regardless of sex/gender—is capable of wielding a kettlebell/performing kettlebell swings (in the Wildman Athletica Kettlebell Swings program and in others of similar complexity, volume and overall difficulty), at the upper limit of any/all kettlebell weights that are available on the current kettlebell market, according to (but not always limited by) any/all innovations manufacturers are introducing into modern kettlebell tools. Those innovations are constantly changing the face of this type of training.

PLEASE NOTE: There are tracking sheets (provided herein) to encourage each athlete to track their progress through this kettlebell swings program. All kettlebell weights are listed in BOTH POUNDS (abbreviated, "lbs") and KILOGRAMS (abbreviated "kgs"), because the popularity of kettlebells has created a market for weights that express all weight denominations in both AMERICAN MEASUREMENTS (hence, "POUNDS") and METRIC-SYSTEM MEASUREMENTS (hence, "KILOGRAMS").

It may be instructive to consider that the Wildman Athletica Kettlebell Swings program does not require athletes to progress "straight through" this material, in any sort of linear sequence. To the contrary! This program is designed to meet the needs of a diverse population, all of whom are encouraged to approach this material and begin training regardless athletic background/ability level. I also am not interested in training (or turning athletes into) training fanatics—the kinds of beasts who were once referred to as "gym-rats". Instead, I designed this material to allow individuals to pursue the program at their convenience, allowing them to return to this training after time off, some of which might include time spent training with other disciplines. Really, the only guidance to which I consistently adhered while devising this regimen was related to my desire to give my athletes a series of kettlebell swing progressions from which they will be able to benefit—at any affordable price, on an ongoing or intermittent basis and from any locale, globally—that will allow athletes to customize this content to provide themselves YEARS of training material.



Data Entry

Kettlebell Swings



DATA ENTRY—SWINGS

DATA ENTRY—2HS

Exercise	Date	Weight	Sets	Reps	Work (Weight x Sets x Reps)	Calories Burned If using a calorie tracker
2HS			10	6		
2HS			10	8		
2HS			10	10		
2HS			10	12		
2HS			10	14		
2HS			10	16		
2HS			10	18		
2HS			10	20		

2HS			20	6		
2HS			20	8		
2HS			20	10		
2HS			20	12		
2HS			20	14		
2HS			20	16		
2HS			20	18		
2HS			20	20		

Start/Stop 2HS			10	6		
Start/Stop 2HS			10	8		
Start/Stop 2HS			10	10		
Start/Stop 2HS			10	12		
Start/Stop 2HS			10	14		
Start/Stop 2HS			10	16		
Start/Stop 2HS			10	18		
Start/Stop 2HS			10	20		

Start/Stop 2HS			20	6		
Start/Stop 2HS			20	8		
Start/Stop 2HS			20	10		
Start/Stop 2HS			20	12		
Start/Stop 2HS			20	14		
Start/Stop 2HS			20	16		
Start/Stop 2HS			20	18		
Start/Stop 2HS			20	20		

DATA ENTRY—H2H

Exercise	Date	Weight	Sets	Reps	Work (Weight x Sets x Reps)	Calories Burned If using a calorie tracker
H2H			10	6		
H2H			10	8		
H2H			10	10		
H2H			10	12		
H2H			10	14		
H2H			10	16		
H2H			10	18		
H2H			10	20		

H2H			20	6		
H2H			20	8		
H2H			20	10		
H2H			20	12		
H2H			20	14		
H2H			20	16		
H2H			20	18		
2HS			20	20		

Start/Stop H2H			10	6		
Start/Stop H2H			10	8		
Start/Stop H2H			10	10		
Start/Stop H2H			10	12		
Start/Stop H2H			10	14		
Start/Stop H2H			10	16		
Start/Stop H2H			10	18		
Start/Stop H2H			10	20		

Start/Stop H2H			20	6		
Start/Stop H2H			20	8		
Start/Stop H2H			20	10		
Start/Stop H2H			20	12		
Start/Stop H2H			20	14		
Start/Stop H2H			20	16		
Start/Stop H2H			20	18		
Start/Stop H2H			20	20		

DATA ENTRY—APPROACH 1—OPTION A

Exercise	Date	Weight	Sets	Reps	Work (Weight x Sets x Reps)	Calories Burned If using a calorie tracker
2HS			10	6		
2HS			10	8		
2HS			10	10		
2HS			10	12		
2HS			10	14		
2HS			10	16		
2HS			10	18		
2HS			10	20		

2HS			10	6		
2HS			10	8		
2HS			10	10		
2HS			10	12		
2HS			10	14		
2HS			10	16		
2HS			10	18		
2HS			10	20		

2HS			10	6		
2HS			10	8		
2HS			10	10		
2HS			10	12		
2HS			10	14		
2HS			10	16		
2HS			10	18		
2HS			10	20		

2HS			10	6		
2HS			10	8		
2HS			10	10		
2HS			10	12		
2HS			10	14		
2HS			10	16		
2HS			10	18		
2HS			10	20		

DATA ENTRY—APPROACH 1—OPTION B

Exercise	Date	Weight	Sets	Reps	Work (Weight x Sets x Reps)	Calories Burned if using a calorie tracker
H2H			10	6		
H2H			10	8		
H2H			10	10		
H2H			10	12		
H2H			10	14		
H2H			10	16		
H2H			10	18		
H2H			10	20		

H2H			10	6		
H2H			10	8		
H2H			10	10		
H2H			10	12		
H2H			10	14		
H2H			10	16		
H2H			10	18		
H2H			10	20		

H2H			10	6		
H2H			10	8		
H2H			10	10		
H2H			10	12		
H2H			10	14		
H2H			10	16		
H2H			10	18		
H2H			10	20		

H2H			10	6		
H2H			10	8		
H2H			10	10		
H2H			10	12		
H2H			10	14		
H2H			10	16		
H2H			10	18		
H2H			10	20		

DATA ENTRY—APPROACH 1—OPTION C

Exercise	Date	Weight	Sets	Reps	Work (Weight x Sets x Reps)	Calories Burned If using a calorie tracker
2HS + H2H			10	6		
2HS + H2H			10	8		
2HS + H2H			10	10		
2HS + H2H			10	12		
2HS + H2H			10	14		
2HS + H2H			10	16		
2HS + H2H			10	18		
2HS + H2H			10	20		

2HS + H2H			10	6		
2HS + H2H			10	8		
2HS + H2H			10	10		
2HS + H2H			10	12		
2HS + H2H			10	14		
2HS + H2H			10	16		
2HS + H2H			10	18		
2HS + H2H			10	20		

2HS + H2H			10	6		
2HS + H2H			10	8		
2HS + H2H			10	10		
2HS + H2H			10	12		
2HS + H2H			10	14		
2HS + H2H			10	16		
2HS + H2H			10	18		
2HS + H2H			10	20		

2HS + H2H			10	6		
2HS + H2H			10	8		
2HS + H2H			10	10		
2HS + H2H			10	12		
2HS + H2H			10	14		
2HS + H2H			10	16		
2HS + H2H			10	18		
2HS + H2H			10	20		

DATA ENTRY—APPROACH 2—OPTION A

Exercise	Date	Weight	Sets	Reps	Work (Weight x Sets x Reps)	Calories Burned If using a calorie tracker
2HS			20	6		
2HS			20	8		
2HS			20	10		
2HS			20	12		
2HS			20	14		
2HS			20	16		
2HS			20	18		
2HS			20	20		

2HS			20	6		
2HS			20	8		
2HS			20	10		
2HS			20	12		
2HS			20	14		
2HS			20	16		
2HS			20	18		
2HS			20	20		

2HS			20	6		
2HS			20	8		
2HS			20	10		
2HS			20	12		
2HS			20	14		
2HS			20	16		
2HS			20	18		
2HS			20	20		

2HS			20	6		
2HS			20	8		
2HS			20	10		
2HS			20	12		
2HS			20	14		
2HS			20	16		
2HS			20	18		
2HS			20	20		

DATA ENTRY—APPROACH 2—OPTION B

Exercise	Date	Weight	Sets	Reps	Work (Weight x Sets x Reps)	Calories Burned If using a calorie tracker
H2H			20	6		
H2H			20	8		
H2H			20	10		
H2H			20	12		
H2H			20	14		
H2H			20	16		
H2H			20	18		
H2H			20	20		

H2H			20	6		
H2H			20	8		
H2H			20	10		
H2H			20	12		
H2H			20	14		
H2H			20	16		
H2H			20	18		
H2H			20	20		

H2H			20	6		
H2H			20	8		
H2H			20	10		
H2H			20	12		
H2H			20	14		
H2H			20	16		
H2H			20	18		
H2H			20	20		

H2H			20	6		
H2H			20	8		
H2H			20	10		
H2H			20	12		
H2H			20	14		
H2H			20	16		
H2H			20	18		
H2H			20	20		

DATA ENTRY—APPROACH 2—OPTION C

Exercise	Date	Weight	Sets	Reps	Work (Weight x Sets x Reps)	Calories Burned If using a calorie tracker
2HS + H2H			20	6		
2HS + H2H			20	8		
2HS + H2H			20	10		
2HS + H2H			20	12		
2HS + H2H			20	14		
2HS + H2H			20	16		
2HS + H2H			20	18		
2HS + H2H			20	20		

2HS + H2H			20	6		
2HS + H2H			20	8		
2HS + H2H			20	10		
2HS + H2H			20	12		
2HS + H2H			20	14		
2HS + H2H			20	16		
2HS + H2H			20	18		
2HS + H2H			20	20		

2HS + H2H			20	6		
2HS + H2H			20	8		
2HS + H2H			20	10		
2HS + H2H			20	12		
2HS + H2H			20	14		
2HS + H2H			20	16		
2HS + H2H			20	18		
2HS + H2H			20	20		

2HS + H2H			20	6		
2HS + H2H			20	8		
2HS + H2H			20	10		
2HS + H2H			20	12		
2HS + H2H			20	14		
2HS + H2H			20	16		
2HS + H2H			20	18		
2HS + H2H			20	20		

DATA ENTRY—APPROACH 3—OPTION A

Exercise	Date	Weight	Sets	Reps	Work (Weight x Sets x Reps)	Calories Burned If using a calorie tracker
Start/Stop 2HS			10	6		
Start/Stop 2HS			10	8		
Start/Stop 2HS			10	10		
Start/Stop 2HS			10	12		
Start/Stop 2HS			10	14		
Start/Stop 2HS			10	16		
Start/Stop 2HS			10	18		
Start/Stop 2HS			10	20		

Start/Stop 2HS			10	6		
Start/Stop 2HS			10	8		
Start/Stop 2HS			10	10		
Start/Stop 2HS			10	12		
Start/Stop 2HS			10	14		
Start/Stop 2HS			10	16		
Start/Stop 2HS			10	18		
Start/Stop 2HS			10	20		

Start/Stop 2HS			10	6		
Start/Stop 2HS			10	8		
Start/Stop 2HS			10	10		
Start/Stop 2HS			10	12		
Start/Stop 2HS			10	14		
Start/Stop 2HS			10	16		
Start/Stop 2HS			10	18		
Start/Stop 2HS			10	20		

Start/Stop 2HS			10	6		
Start/Stop 2HS			10	8		
Start/Stop 2HS			10	10		
Start/Stop 2HS			10	12		
Start/Stop 2HS			10	14		
Start/Stop 2HS			10	16		
Start/Stop 2HS			10	18		
Start/Stop 2HS			10	20		

DATA ENTRY—APPROACH 3—OPTION B

Exercise	Date	Weight	Sets	Reps	Work (Weight x Sets x Reps)	Calories Burned If using a calorie tracker
Start/Stop H2H			10	6		
Start/Stop H2H			10	8		
Start/Stop H2H			10	10		
Start/Stop H2H			10	12		
Start/Stop H2H			10	14		
Start/Stop H2H			10	16		
Start/Stop H2H			10	18		
Start/Stop H2H			10	20		

Start/Stop H2H			10	6		
Start/Stop H2H			10	8		
Start/Stop H2H			10	10		
Start/Stop H2H			10	12		
Start/Stop H2H			10	14		
Start/Stop H2H			10	16		
Start/Stop H2H			10	18		
Start/Stop H2H			10	20		

Start/Stop H2H			10	6		
Start/Stop H2H			10	8		
Start/Stop H2H			10	10		
Start/Stop H2H			10	12		
Start/Stop H2H			10	14		
Start/Stop H2H			10	16		
Start/Stop H2H			10	18		
Start/Stop H2H			10	20		

Start/Stop H2H			10	6		
Start/Stop H2H			20	8		
Start/Stop H2H			20	10		
Start/Stop H2H			20	12		
Start/Stop H2H			20	14		
Start/Stop H2H			20	16		
Start/Stop H2H			20	18		
Start/Stop H2H			20	20		

DATA ENTRY—APPROACH 3—OPTION C

Exercise	Date	Weight	Sets	Reps	Work (Weight x Sets x Reps)	Calories Burned If using a calorie tracker
Start/Stop H2H			10	6		
Start/Stop H2H			10	8		
Start/Stop H2H			10	10		
Start/Stop H2H			10	12		
Start/Stop H2H			10	14		
Start/Stop H2H			10	16		
Start/Stop H2H			10	18		
Start/Stop H2H			10	20		

Start/Stop H2H			10	6		
Start/Stop H2H			10	8		
Start/Stop H2H			10	10		
Start/Stop H2H			10	12		
Start/Stop H2H			10	14		
Start/Stop H2H			10	16		
Start/Stop H2H			10	18		
Start/Stop H2H			10	20		

Start/Stop H2H			10	6		
Start/Stop H2H			10	8		
Start/Stop H2H			10	10		
Start/Stop H2H			10	12		
Start/Stop H2H			10	14		
Start/Stop H2H			10	16		
Start/Stop H2H			10	18		
Start/Stop H2H			10	20		

Start/Stop H2H			10	6		
Start/Stop H2H			10	8		
Start/Stop H2H			10	10		
Start/Stop H2H			10	12		
Start/Stop H2H			10	14		
Start/Stop H2H			10	16		
Start/Stop H2H			10	18		
Start/Stop H2H			10	20		

DATA ENTRY—APPROACH 4—OPTION A

Exercise	Date	Weight	Sets	Reps	Work (Weight x Sets x Reps)	Calories Burned If using a calorie tracker
Start/Stop 2HS			20	6		
Start/Stop 2HS			20	8		
Start/Stop 2HS			20	10		
Start/Stop 2HS			20	12		
Start/Stop 2HS			20	14		
Start/Stop 2HS			20	16		
Start/Stop 2HS			20	18		
Start/Stop 2HS			20	20		

Start/Stop 2HS			20	6		
Start/Stop 2HS			20	8		
Start/Stop 2HS			20	10		
Start/Stop 2HS			20	12		
Start/Stop 2HS			20	14		
Start/Stop 2HS			20	16		
Start/Stop 2HS			20	18		
Start/Stop 2HS			20	20		

Start/Stop 2HS			20	6		
Start/Stop 2HS			10	8		
Start/Stop 2HS			10	10		
Start/Stop 2HS			10	12		
Start/Stop 2HS			10	14		
Start/Stop 2HS			10	16		
Start/Stop 2HS			10	18		
Start/Stop 2HS			10	20		

Start/Stop 2HS			20	6		
Start/Stop 2HS			20	8		
Start/Stop 2HS			20	10		
Start/Stop 2HS			20	12		
Start/Stop 2HS			20	14		
Start/Stop 2HS			20	16		
Start/Stop 2HS			20	18		
Start/Stop 2HS			20	20		

DATA ENTRY—APPROACH 4—OPTION B

Exercise	Date	Weight	Sets	Reps	Work (Weight x Sets x Reps)	Calories Burned If using a calorie tracker
Start/Stop H2H			20	6		
Start/Stop H2H			20	8		
Start/Stop H2H			20	10		
Start/Stop H2H			20	12		
Start/Stop H2H			20	14		
Start/Stop H2H			20	16		
Start/Stop H2H			20	18		
Start/Stop H2H			20	20		

Start/Stop H2H			20	6		
Start/Stop H2H			20	8		
Start/Stop H2H			20	10		
Start/Stop H2H			20	12		
Start/Stop H2H			20	14		
Start/Stop H2H			20	16		
Start/Stop H2H			20	18		
Start/Stop H2H			20	20		

Start/Stop H2H			20	6		
Start/Stop H2H			10	8		
Start/Stop H2H			10	10		
Start/Stop H2H			10	12		
Start/Stop H2H			10	14		
Start/Stop H2H			10	16		
Start/Stop H2H			10	18		
Start/Stop H2H			10	20		

Start/Stop H2H			20	6		
Start/Stop H2H			20	8		
Start/Stop H2H			20	10		
Start/Stop H2H			20	12		
Start/Stop H2H			20	14		
Start/Stop H2H			20	16		
Start/Stop H2H			20	18		
Start/Stop H2H			20	20		

DATA ENTRY—APPROACH 4—OPTION C

Exercise	Date	Weight	Sets	Reps	Work (Weight x Sets x Reps)	Calories Burned If using a calorie tracker
S/S 2HS + H2H			10	6		
S/S 2HS + H2H			10	8		
S/S 2HS + H2H			10	10		
S/S 2HS + H2H			10	12		
S/S 2HS + H2H			10	14		
S/S 2HS + H2H			10	16		
S/S 2HS + H2H			10	18		
S/S 2HS + H2H			10	20		

S/S 2HS + H2H			10	6		
S/S 2HS + H2H			10	8		
S/S 2HS + H2H			10	10		
S/S 2HS + H2H			10	12		
S/S 2HS + H2H			10	14		
S/S 2HS + H2H			10	16		
S/S 2HS + H2H			10	18		
S/S 2HS + H2H			10	20		

S/S 2HS + H2H			10	6		
S/S 2HS + H2H			10	8		
S/S 2HS + H2H			10	10		
S/S 2HS + H2H			10	12		
S/S 2HS + H2H			10	14		
S/S 2HS + H2H			10	16		
S/S 2HS + H2H			10	18		
S/S 2HS + H2H			10	20		

S/S 2HS + H2H			10	6		
S/S 2HS + H2H			10	8		
S/S 2HS + H2H			10	10		
S/S 2HS + H2H			10	12		
S/S 2HS + H2H			10	14		
S/S 2HS + H2H			10	16		
S/S 2HS + H2H			10	18		
S/S 2HS + H2H			10	20		

Calendar

Schedule Your Training





JANUARY

TRAINING SCHEDULE



FEBRUARY

TRAINING SCHEDULE



MARCH

TRAINING SCHEDULE



APRIL

TRAINING SCHEDULE



MAY

TRAINING SCHEDULE



JUNE

TRAINING SCHEDULE



JULY

TRAINING SCHEDULE



AUGUST

TRAINING SCHEDULE



SEPTEMBER

TRAINING SCHEDULE



OCTOBER

TRAINING SCHEDULE



NOVEMBER

TRAINING SCHEDULE



DECEMBER

TRAINING SCHEDULE

Work

Calculations



WORK—10 INTERVALS

KILOGRAMS (KGS)

Weight	Sets	Reps	Work
6	10	6	360
6	10	8	480
6	10	10	600
6	10	12	720
6	10	14	840
6	10	16	960
6	10	18	1,080
6	10	20	1,200
7	10	6	420
7	10	8	560
7	10	10	700
7	10	12	840
7	10	14	980
7	10	16	1,120
7	10	18	1,260
7	10	20	1,400
8	10	6	480
8	10	8	640
8	10	10	800
8	10	12	960
8	10	14	1,120
8	10	16	1,280
8	10	18	1,440
8	10	20	1,600
9	10	6	540
9	10	8	720
9	10	10	900
9	10	12	1,080
9	10	14	1,260
9	10	16	1,440
9	10	18	1,620
9	10	20	1,800
10	10	6	600
10	10	8	800
10	10	10	1,000
10	10	12	1,200
10	10	14	1,400
10	10	16	1,600
10	10	18	1,800
10	10	20	2,000
11	10	6	660
11	10	8	880
11	10	10	1,100
11	10	12	1,320
11	10	14	1,540
11	10	16	1,760
11	10	18	1,980
11	10	20	2,200

Weight	Sets	Reps	Work
12	10	6	720
12	10	8	960
12	10	10	1,200
12	10	12	1,440
12	10	14	1,680
12	10	16	1,920
12	10	18	2,160
12	10	20	2,400
13	10	6	780
13	10	8	1,040
13	10	10	1,300
13	10	12	1,560
13	10	14	1,820
13	10	16	2,080
13	10	18	2,340
13	10	20	2,600
14	10	6	840
14	10	8	1,120
14	10	10	1,400
14	10	12	1,680
14	10	14	1,960
14	10	16	2,240
14	10	18	2,520
14	10	20	2,800
15	10	6	900
15	10	8	1,200
15	10	10	1,500
15	10	12	1,800
15	10	14	2,100
15	10	16	2,400
15	10	18	2,700
15	10	20	3,000
16	10	6	960
16	10	8	1,280
16	10	10	1,600
16	10	12	1,920
16	10	14	2,240
16	10	16	2,560
16	10	18	2,880
16	10	20	3,200
17	10	6	1,020
17	10	8	1,360
17	10	10	1,700
17	10	12	2,040
17	10	14	2,380
17	10	16	2,720
17	10	18	3,060
17	10	20	3,400

Weight	Sets	Reps	Work
18	10	6	1,080
18	10	8	1,440
18	10	10	1,800
18	10	12	2,160
18	10	14	2,520
18	10	16	2,880
18	10	18	3,240
18	10	20	3,600
19	10	6	1,140
19	10	8	1,520
19	10	10	1,900
19	10	12	2,280
19	10	14	2,660
19	10	16	3,040
19	10	18	3,420
19	10	20	3,800
20	10	6	1,200
20	10	8	1,600
20	10	10	2,000
20	10	12	2,400
20	10	14	2,800
20	10	16	3,200
20	10	18	3,600
20	10	20	4,000
21	10	6	1,260
21	10	8	1,680
21	10	10	2,100
21	10	12	2,520
21	10	14	2,940
21	10	16	3,360
21	10	18	3,780
21	10	20	4,200
22	10	6	1,320
22	10	8	1,760
22	10	10	2,200
22	10	12	2,640
22	10	14	3,080
22	10	16	3,520
22	10	18	3,960
22	10	20	4,400
23	10	6	1,380
23	10	8	1,840
23	10	10	2,300
23	10	12	2,760
23	10	14	3,220
23	10	16	3,680
23	10	18	4,140
23	10	20	4,600

Weight	Sets	Reps	Work
24	10	6	1,440
24	10	8	1,920
24	10	10	2,400
24	10	12	2,880
24	10	14	3,360
24	10	16	3,840
24	10	18	4,320
24	10	20	4,800
25	10	6	1,500
25	10	8	2,000
25	10	10	2,500
25	10	12	3,000
25	10	14	3,500
25	10	16	4,000
25	10	18	4,500
25	10	20	5,000
26	10	6	1,560
26	10	8	2,080
26	10	10	2,600
26	10	12	3,120
26	10	14	3,640
26	10	16	4,160
26	10	18	4,680
26	10	20	5,200
27	10	6	1,620
27	10	8	2,160
27	10	10	2,700
27	10	12	3,240
27	10	14	3,780
27	10	16	4,320
27	10	18	4,860
27	10	20	5,400
28	10	6	1,680
28	10	8	2,240
28	10	10	2,800
28	10	12	3,360
28	10	14	3,920
28	10	16	4,480
28	10	18	5,040
28	10	20	5,600
29	10	6	1,740
29	10	8	2,320
29	10	10	2,900
29	10	12	3,480
29	10	14	4,060
29	10	16	4,640
29	10	18	5,220
29	10	20	5,800

WORK—10 INTERVALS

KILOGRAMS (KGS)

Weight	Sets	Reps	Work
30	10	6	1,800
30	10	8	2,400
30	10	10	3,000
30	10	12	3,600
30	10	14	4,200
30	10	16	4,800
30	10	18	5,400
30	10	20	6,000
31	10	6	1,860
31	10	8	2,480
31	10	10	3,100
31	10	12	3,720
31	10	14	4,340
31	10	16	4,960
31	10	18	5,580
31	10	20	6,200
32	10	6	1,920
32	10	8	2,560
32	10	10	3,200
32	10	12	3,840
32	10	14	4,480
32	10	16	5,120
32	10	18	5,760
32	10	20	6,400
33	10	6	1,980
33	10	8	2,640
33	10	10	3,300
33	10	12	3,960
33	10	14	4,620
33	10	16	5,280
33	10	18	5,940
33	10	20	6,600
34	10	6	2,040
34	10	8	2,720
34	10	10	3,400
34	10	12	4,080
34	10	14	4,760
34	10	16	5,440
34	10	18	6,120
34	10	20	6,800
35	10	6	2,100
35	10	8	2,800
35	10	10	3,500
35	10	12	4,200
35	10	14	4,900
35	10	16	5,600
35	10	18	6,300
35	10	20	7,000

Weight	Sets	Reps	Work
36	10	6	2,160
36	10	8	2,880
36	10	10	3,600
36	10	12	4,320
36	10	14	5,040
36	10	16	5,760
36	10	18	6,480
36	10	20	7,200
37	10	6	2,220
37	10	8	2,960
37	10	10	3,700
37	10	12	4,440
37	10	14	5,180
37	10	16	5,920
37	10	18	6,660
37	10	20	7,400
38	10	6	2,280
38	10	8	3,040
38	10	10	3,800
38	10	12	4,560
38	10	14	5,320
38	10	16	6,080
38	10	18	6,840
38	10	20	7,600
39	10	6	2,340
39	10	8	3,120
39	10	10	3,900
39	10	12	4,680
39	10	14	5,460
39	10	16	6,240
39	10	18	7,020
39	10	20	7,800
40	10	6	2,400
40	10	8	3,200
40	10	10	4,000
40	10	12	4,800
40	10	14	5,600
40	10	16	6,400
40	10	18	7,200
40	10	20	8,000
41	10	6	2,460
41	10	8	3,280
41	10	10	4,100
41	10	12	4,920
41	10	14	5,740
41	10	16	6,560
41	10	18	7,380
41	10	20	8,200

Weight	Sets	Reps	Work
42	10	6	2,520
42	10	8	3,360
42	10	10	4,200
42	10	12	5,040
42	10	14	5,880
42	10	16	6,720
42	10	18	7,560
42	10	20	8,400
43	10	6	2,580
43	10	8	3,440
43	10	10	4,300
43	10	12	5,160
43	10	14	6,020
43	10	16	6,880
43	10	18	7,740
43	10	20	8,600
44	10	6	2,640
44	10	8	3,520
44	10	10	4,400
44	10	12	5,280
44	10	14	6,160
44	10	16	7,040
44	10	18	7,920
44	10	20	8,800
45	10	6	2,700
45	10	8	3,600
45	10	10	4,500
45	10	12	5,400
45	10	14	6,300
45	10	16	7,200
45	10	18	8,100
45	10	20	9,000
46	10	6	2,760
46	10	8	3,680
46	10	10	4,600
46	10	12	5,520
46	10	14	6,440
46	10	16	7,360
46	10	18	8,280
46	10	20	9,200
47	10	6	2,820
47	10	8	3,760
47	10	10	4,700
47	10	12	5,640
47	10	14	6,580
47	10	16	7,520
47	10	18	8,460
47	10	20	9,400

Weight	Sets	Reps	Work
48	10	6	2,880
48	10	8	3,840
48	10	10	4,800
48	10	12	5,760
48	10	14	6,720
48	10	16	7,680
48	10	18	8,640
48	10	20	9,600
52	10	6	3,120
52	10	8	4,160
52	10	10	5,200
52	10	12	6,240
52	10	14	7,280
52	10	16	8,320
52	10	18	9,360
52	10	20	10,400
56	10	6	3,360
56	10	8	4,480
56	10	10	5,600
56	10	12	6,720
56	10	14	7,840
56	10	16	8,960
56	10	18	10,080
56	10	20	11,200
60	10	6	3,600
60	10	8	4,800
60	10	10	6,000
60	10	12	7,200
60	10	14	8,400
60	10	16	9,600
60	10	18	10,800
60	10	20	12,000
64	10	6	3,840
64	10	8	5,120
64	10	10	6,400
64	10	12	7,680
64	10	14	8,960
64	10	16	10,240
64	10	18	11,520
64	10	20	12,800
68	10	6	4,080
68	10	8	5,440
68	10	10	6,800
68	10	12	8,160
68	10	14	9,520
68	10	16	10,880
68	10	18	12,240
68	10	20	13,600

WORK—10 INTERVALS

KILOGRAMS (KGS)

Weight	Sets	Reps	Work	Weight	Sets	Reps	Work
72	10	6	4,320	96	10	6	5,760
72	10	8	5,760	96	10	8	7,680
72	10	10	7,200	96	10	10	9,600
72	10	12	8,640	96	10	12	11,520
72	10	14	10,080	96	10	14	13,440
72	10	16	11,520	96	10	16	15,360
72	10	18	12,960	96	10	18	17,280
72	10	20	14,400	96	10	20	19,200
76	10	6	4,560	100	10	6	6,000
76	10	8	6,080	100	10	8	8,000
76	10	10	7,600	100	10	10	10,000
76	10	12	9,120	100	10	12	12,000
76	10	14	10,640	100	10	14	14,000
76	10	16	12,160	100	10	16	16,000
76	10	18	13,680	100	10	18	18,000
76	10	20	15,200	100	10	20	20,000
80	10	6	4,800				
80	10	8	6,400				
80	10	10	8,000				
80	10	12	9,600				
80	10	14	11,200				
80	10	16	12,800				
80	10	18	14,400				
80	10	20	16,000				
84	10	6	5,040				
84	10	8	6,720				
84	10	10	8,400				
84	10	12	10,080				
84	10	14	11,760				
84	10	16	13,440				
84	10	18	15,120				
84	10	20	16,800				
88	10	6	5,280				
88	10	8	7,040				
88	10	10	8,800				
88	10	12	10,560				
88	10	14	12,320				
88	10	16	14,080				
88	10	18	15,840				
88	10	20	17,600				
92	10	6	5,520				
92	10	8	7,360				
92	10	10	9,200				
92	10	12	11,040				
92	10	14	12,880				
92	10	16	14,720				
92	10	18	16,560				
92	10	20	18,400				

WORK—20 INTERVALS

KILOGRAMS

Weight	Sets	Reps	Work
6	20	6	720
6	20	8	960
6	20	10	1,200
6	20	12	1,440
6	20	14	1,680
6	20	16	1,920
6	20	18	2,160
6	20	20	2,400
7	20	6	840
7	20	8	1,120
7	20	10	1,400
7	20	12	1,680
7	20	14	1,960
7	20	16	2,240
7	20	18	2,520
7	20	20	2,800
8	20	6	960
8	20	8	1,280
8	20	10	1,600
8	20	12	1,920
8	20	14	2,240
8	20	16	2,560
8	20	18	2,880
8	20	20	3,200
9	20	6	1,080
9	20	8	1,440
9	20	10	1,800
9	20	12	2,160
9	20	14	2,520
9	20	16	2,880
9	20	18	3,240
9	20	20	3,600
10	20	6	1,200
10	20	8	1,600
10	20	10	2,000
10	20	12	2,400
10	20	14	2,800
10	20	16	3,200
10	20	18	3,600
10	20	20	4,000
11	20	6	1,320
11	20	8	1,760
11	20	10	2,200
11	20	12	2,640
11	20	14	3,080
11	20	16	3,520
11	20	18	3,960
11	20	20	4,400

Weight	Sets	Reps	Work
12	20	6	1,440
12	20	8	1,920
12	20	10	2,400
12	20	12	2,880
12	20	14	3,360
12	20	16	3,840
12	20	18	4,320
12	20	20	4,800
13	20	6	1,560
13	20	8	2,080
13	20	10	2,600
13	20	12	3,120
13	20	14	3,640
13	20	16	4,160
13	20	18	4,680
13	20	20	5,200
14	20	6	1,680
14	20	8	2,240
14	20	10	2,800
14	20	12	3,360
14	20	14	3,920
14	20	16	4,480
14	20	18	5,040
14	20	20	5,600
15	20	6	1,800
15	20	8	2,400
15	20	10	3,000
15	20	12	3,600
15	20	14	4,200
15	20	16	4,800
15	20	18	5,400
15	20	20	6,000
16	20	6	1,920
16	20	8	2,560
16	20	10	3,200
16	20	12	3,840
16	20	14	4,480
16	20	16	5,120
16	20	18	5,760
16	20	20	6,400
17	20	6	2,040
17	20	8	2,720
17	20	10	3,400
17	20	12	4,080
17	20	14	4,760
17	20	16	5,440
17	20	18	6,120
17	20	20	6,800

Weight	Sets	Reps	Work
18	20	6	2,160
18	20	8	2,880
18	20	10	3,600
18	20	12	4,320
18	20	14	5,040
18	20	16	5,760
18	20	18	6,480
18	20	20	7,200
19	20	6	2,280
19	20	8	3,040
19	20	10	3,800
19	20	12	4,560
19	20	14	5,320
19	20	16	6,080
19	20	18	6,840
19	20	20	7,600
20	20	6	2,400
20	20	8	3,200
20	20	10	4,000
20	20	12	4,800
20	20	14	5,600
20	20	16	6,400
20	20	18	7,200
20	20	20	8,000
21	20	6	2,520
21	20	8	3,360
21	20	10	4,200
21	20	12	5,040
21	20	14	5,880
21	20	16	6,720
21	20	18	7,560
21	20	20	8,400
22	20	6	2,640
22	20	8	3,520
22	20	10	4,400
22	20	12	5,280
22	20	14	6,160
22	20	16	7,040
22	20	18	7,920
22	20	20	8,800
23	20	6	2,760
23	20	8	3,680
23	20	10	4,600
23	20	12	5,520
23	20	14	6,440
23	20	16	7,360
23	20	18	8,280
23	20	20	9,200

Weight	Sets	Reps	Work
24	20	6	2,880
24	20	8	3,840
24	20	10	4,800
24	20	12	5,760
24	20	14	6,720
24	20	16	7,680
24	20	18	8,640
24	20	20	9,600
25	20	6	3,000
25	20	8	4,000
25	20	10	5,000
25	20	12	6,000
25	20	14	7,000
25	20	16	8,000
25	20	18	9,000
25	20	20	10,000
26	20	6	3,120
26	20	8	4,160
26	20	10	5,200
26	20	12	6,240
26	20	14	7,280
26	20	16	8,320
26	20	18	9,360
26	20	20	10,400
27	20	6	3,240
27	20	8	4,320
27	20	10	5,400
27	20	12	6,480
27	20	14	7,560
27	20	16	8,640
27	20	18	9,720
27	20	20	10,800
28	20	6	3,360
28	20	8	4,480
28	20	10	5,600
28	20	12	6,720
28	20	14	7,840
28	20	16	8,960
28	20	18	10,080
28	20	20	11,200
29	20	6	3,480
29	20	8	4,640
29	20	10	5,800
29	20	12	6,960
29	20	14	8,120
29	20	16	9,280
29	20	18	10,440
29	20	20	11,600

WORK—20 INTERVALS

KILOGRAMS

Weight	Sets	Reps	Work
30	20	6	3,600
30	20	8	4,800
30	20	10	6,000
30	20	12	7,200
30	20	14	8,400
30	20	16	9,600
30	20	18	10,800
30	20	20	12,000
31	20	6	3,720
31	20	8	4,960
31	20	10	6,200
31	20	12	7,440
31	20	14	8,680
31	20	16	9,920
31	20	18	11,160
31	20	20	12,400
32	20	6	3,840
32	20	8	5,120
32	20	10	6,400
32	20	12	7,680
32	20	14	8,960
32	20	16	10,240
32	20	18	11,520
32	20	20	12,800
33	20	6	3,960
33	20	8	5,280
33	20	10	6,600
33	20	12	7,920
33	20	14	9,240
33	20	16	10,560
33	20	18	11,880
33	20	20	13,200
34	20	6	4,080
34	20	8	5,440
34	20	10	6,800
34	20	12	8,160
34	20	14	9,520
34	20	16	10,880
34	20	18	12,240
34	20	20	13,600
35	20	6	4,200
35	20	8	5,600
35	20	10	7,000
35	20	12	8,400
35	20	14	9,800
35	20	16	11,200
35	20	18	12,600
35	20	20	14,000

Weight	Sets	Reps	Work
36	20	6	4,320
36	20	8	5,760
36	20	10	7,200
36	20	12	8,640
36	20	14	10,080
36	20	16	11,520
36	20	18	12,960
36	20	20	14,400
37	20	6	4,440
37	20	8	5,920
37	20	10	7,400
37	20	12	8,880
37	20	14	10,360
37	20	16	11,840
37	20	18	13,320
37	20	20	14,800
38	20	6	4,560
38	20	8	6,080
38	20	10	7,600
38	20	12	9,120
38	20	14	10,640
38	20	16	12,160
38	20	18	13,680
38	20	20	15,200
39	20	6	4,680
39	20	8	6,240
39	20	10	7,800
39	20	12	9,360
39	20	14	10,920
39	20	16	12,480
39	20	18	14,040
39	20	20	15,600
40	20	6	4,800
40	20	8	6,400
40	20	10	8,000
40	20	12	9,600
40	20	14	11,200
40	20	16	12,800
40	20	18	14,400
40	20	20	16,000
41	20	6	4,920
41	20	8	6,560
41	20	10	8,200
41	20	12	9,840
41	20	14	11,480
41	20	16	13,120
41	20	18	14,760
41	20	20	16,400

Weight	Sets	Reps	Work
42	20	6	5,040
42	20	8	6,720
42	20	10	8,400
42	20	12	10,080
42	20	14	11,760
42	20	16	13,440
42	20	18	15,120
42	20	20	16,800
43	20	6	5,160
43	20	8	6,880
43	20	10	8,600
43	20	12	10,320
43	20	14	12,040
43	20	16	13,760
43	20	18	15,480
43	20	20	17,200
44	20	6	5,280
44	20	8	7,040
44	20	10	8,800
44	20	12	10,560
44	20	14	12,320
44	20	16	14,080
44	20	18	15,840
44	20	20	17,600
45	20	6	5,400
45	20	8	7,200
45	20	10	9,000
45	20	12	10,800
45	20	14	12,600
45	20	16	14,400
45	20	18	16,200
45	20	20	18,000
46	20	6	5,520
46	20	8	7,360
46	20	10	9,200
46	20	12	11,040
46	20	14	12,880
46	20	16	14,720
46	20	18	16,560
46	20	20	18,400
47	20	6	5,640
47	20	8	7,520
47	20	10	9,400
47	20	12	11,280
47	20	14	13,160
47	20	16	15,040
47	20	18	16,920
47	20	20	18,800

Weight	Sets	Reps	Work
48	20	6	5,760
48	20	8	7,680
48	20	10	9,600
48	20	12	11,520
48	20	14	13,440
48	20	16	15,360
48	20	18	17,280
48	20	20	19,200
52	20	6	6,240
52	20	8	8,320
52	20	10	10,400
52	20	12	12,480
52	20	14	14,560
52	20	16	16,640
52	20	18	18,720
52	20	20	20,800
56	20	6	6,720
56	20	8	8,960
56	20	10	11,200
56	20	12	13,440
56	20	14	15,680
56	20	16	17,920
56	20	18	20,160
56	20	20	22,400
60	20	6	7,200
60	20	8	9,600
60	20	10	12,000
60	20	12	14,400
60	20	14	16,800
60	20	16	19,200
60	20	18	21,600
60	20	20	24,000
64	20	6	7,680
64	20	8	10,240
64	20	10	12,800
64	20	12	15,360
64	20	14	17,920
64	20	16	20,480
64	20	18	23,040
64	20	20	25,600
68	20	6	8,160
68	20	8	10,880
68	20	10	13,600
68	20	12	16,320
68	20	14	19,040
68	20	16	21,760
68	20	18	24,480
68	20	20	27,200

WORK—20 INTERVALS

KILOGRAMS

Weight	Sets	Reps	Work
72	20	6	8,640
72	20	8	11,520
72	20	10	14,400
72	20	12	17,280
72	20	14	20,160
72	20	16	23,040
72	20	18	25,920
72	20	20	28,800
76	20	6	9,120
76	20	8	12,160
76	20	10	15,200
76	20	12	18,240
76	20	14	21,280
76	20	16	24,320
76	20	18	27,360
76	20	20	30,400
80	20	6	9,600
80	20	8	12,800
80	20	10	16,000
80	20	12	19,200
80	20	14	22,400
80	20	16	25,600
80	20	18	28,800
80	20	20	32,000
84	20	6	10,080
84	20	8	13,440
84	20	10	16,800
84	20	12	20,160
84	20	14	23,520
84	20	16	26,880
84	20	18	30,240
84	20	20	33,600
88	20	6	10,560
88	20	8	14,080
88	20	10	17,600
88	20	12	21,120
88	20	14	24,640
88	20	16	28,160
88	20	18	31,680
88	20	20	35,200
92	20	6	11,040
92	20	8	14,720
92	20	10	18,400
92	20	12	22,080
92	20	14	25,760
92	20	16	29,440
92	20	18	33,120
92	20	20	36,800

Weight	Sets	Reps	Work
96	20	6	11,520
96	20	8	15,360
96	20	10	19,200
96	20	12	23,040
96	20	14	26,880
96	20	16	30,720
96	20	18	34,560
96	20	20	38,400
100	20	6	12,000
100	20	8	16,000
100	20	10	20,000
100	20	12	24,000
100	20	14	28,000
100	20	16	32,000
100	20	18	36,000
100	20	20	40,000

WORK—10 INTERVALS

POUNDS (LBS)

Weight	Sets	Reps	Work
5	10	6	300
5	10	8	400
5	10	10	500
5	10	12	600
5	10	14	700
5	10	16	800
5	10	18	900
5	10	20	1,000
9	10	6	540
9	10	8	720
9	10	10	900
9	10	12	1,080
9	10	14	1,260
9	10	16	1,440
9	10	18	1,620
9	10	20	1,800
10	10	6	600
10	10	8	800
10	10	10	1,000
10	10	12	1,200
10	10	14	1,400
10	10	16	1,600
10	10	18	1,800
10	10	20	2,000
13	10	6	780
13	10	8	1,040
13	10	10	1,300
13	10	12	1,560
13	10	14	1,820
13	10	16	2,080
13	10	18	2,340
13	10	20	2,600
15	10	6	900
15	10	8	1,200
15	10	10	1,500
15	10	12	1,800
15	10	14	2,100
15	10	16	2,400
15	10	18	2,700
15	10	20	3,000
18	10	6	1,080
18	10	8	1,440
18	10	10	1,800
18	10	12	2,160
18	10	14	2,520
18	10	16	2,880
18	10	18	3,240
18	10	20	3,600

Weight	Sets	Reps	Work
20	10	6	1,200
20	10	8	1,600
20	10	10	2,000
20	10	12	2,400
20	10	14	2,800
20	10	16	3,200
20	10	18	3,600
20	10	20	4,000
25	10	6	1,500
25	10	8	2,000
25	10	10	2,500
25	10	12	3,000
25	10	14	3,500
25	10	16	4,000
25	10	18	4,500
25	10	20	5,000
26	10	6	1,560
26	10	8	2,080
26	10	10	2,600
26	10	12	3,120
26	10	14	3,640
26	10	16	4,160
26	10	18	4,680
26	10	20	5,200
30	10	6	1,800
30	10	8	2,400
30	10	10	3,000
30	10	12	3,600
30	10	14	4,200
30	10	16	4,800
30	10	18	5,400
30	10	20	6,000
35	10	6	2,100
35	10	8	2,800
35	10	10	3,500
35	10	12	4,200
35	10	14	4,900
35	10	16	5,600
35	10	18	6,300
35	10	20	7,000
40	10	6	2,400
40	10	8	3,200
40	10	10	4,000
40	10	12	4,800
40	10	14	5,600
40	10	16	6,400
40	10	18	7,200
40	10	20	8,000

Weight	Sets	Reps	Work
44	10	6	2,640
44	10	8	3,520
44	10	10	4,400
44	10	12	5,280
44	10	14	6,160
44	10	16	7,040
44	10	18	7,920
44	10	20	8,800
45	10	6	2,700
45	10	8	3,600
45	10	10	4,500
45	10	12	5,400
45	10	14	6,300
45	10	16	7,200
45	10	18	8,100
45	10	20	9,000
50	10	6	3,000
50	10	8	4,000
50	10	10	5,000
50	10	12	6,000
50	10	14	7,000
50	10	16	8,000
50	10	18	9,000
50	10	20	10,000
53	10	6	3,180
53	10	8	4,240
53	10	10	5,300
53	10	12	6,360
53	10	14	7,420
53	10	16	8,480
53	10	18	9,540
53	10	20	10,600
55	10	6	3,300
55	10	8	4,400
55	10	10	5,500
55	10	12	6,600
55	10	14	7,700
55	10	16	8,800
55	10	18	9,900
55	10	20	11,000
60	10	6	3,600
60	10	8	4,800
60	10	10	6,000
60	10	12	7,200
60	10	14	8,400
60	10	16	9,600
60	10	18	10,800
60	10	20	12,000

Weight	Sets	Reps	Work
62	10	6	3,720
62	10	8	4,960
62	10	10	6,200
62	10	12	7,440
62	10	14	8,680
62	10	16	9,920
62	10	18	11,160
62	10	20	12,400
65	10	6	3,900
65	10	8	5,200
65	10	10	6,500
65	10	12	7,800
65	10	14	9,100
65	10	16	10,400
65	10	18	11,700
65	10	20	13,000
70	10	6	4,200
70	10	8	5,600
70	10	10	7,000
70	10	12	8,400
70	10	14	9,800
70	10	16	11,200
70	10	18	12,600
70	10	20	14,000
75	10	6	4,500
75	10	8	6,000
75	10	10	7,500
75	10	12	9,000
75	10	14	10,500
75	10	16	12,000
75	10	18	13,500
75	10	20	15,000
80	10	6	4,800
80	10	8	6,400
80	10	10	8,000
80	10	12	9,600
80	10	14	11,200
80	10	16	12,800
80	10	18	14,400
80	10	20	16,000
85	10	6	5,100
85	10	8	6,800
85	10	10	8,500
85	10	12	10,200
85	10	14	11,900
85	10	16	13,600
85	10	18	15,300
85	10	20	17,000

WORK—10 INTERVALS

POUNDS (LBS)

Weight	Sets	Reps	Work
88	10	6	5,280
88	10	8	7,040
88	10	10	8,800
88	10	12	10,560
88	10	14	12,320
88	10	16	14,080
88	10	18	15,840
88	10	20	17,600
90	10	6	5,400
90	10	8	7,200
90	10	10	9,000
90	10	12	10,800
90	10	14	12,600
90	10	16	14,400
90	10	18	16,200
90	10	20	18,000
95	10	6	5,700
95	10	8	7,600
95	10	10	9,500
95	10	12	11,400
95	10	14	13,300
95	10	16	15,200
95	10	18	17,100
95	10	20	19,000
97	10	6	5,820
97	10	8	7,760
97	10	10	9,700
97	10	12	11,640
97	10	14	13,580
97	10	16	15,520
97	10	18	17,460
97	10	20	19,400
100	10	6	6,000
100	10	8	8,000
100	10	10	10,000
100	10	12	12,000
100	10	14	14,000
100	10	16	16,000
100	10	18	18,000
100	10	20	20,000
106	10	6	6,360
106	10	8	8,480
106	10	10	10,600
106	10	12	12,720
106	10	14	14,840
106	10	16	16,960
106	10	18	19,080
106	10	20	21,200

Weight	Sets	Reps	Work
124	10	6	7,440
124	10	8	9,920
124	10	10	12,400
124	10	12	14,880
124	10	14	17,360
124	10	16	19,840
124	10	18	22,320
124	10	20	24,800
126	10	6	7,560
126	10	8	10,080
126	10	10	12,600
126	10	12	15,120
126	10	14	17,640
126	10	16	20,160
126	10	18	22,680
126	10	20	25,200
132	10	6	7,920
132	10	8	10,560
132	10	10	13,200
132	10	12	15,840
132	10	14	18,480
132	10	16	21,120
132	10	18	23,760
132	10	20	26,400
150	10	6	9,000
150	10	8	12,000
150	10	10	15,000
150	10	12	18,000
150	10	14	21,000
150	10	16	24,000
150	10	18	27,000
150	10	20	30,000
176	10	6	10,560
176	10	8	14,080
176	10	10	17,600
176	10	12	21,120
176	10	14	24,640
176	10	16	28,160
176	10	18	31,680
176	10	20	35,200
203	10	6	12,180
203	10	8	16,240
203	10	10	20,300
203	10	12	24,360
203	10	14	28,420
203	10	16	32,480
203	10	18	36,540
203	10	20	40,600

WORK—20 INTERVALS

POUNDS (LBS)

Weight	Sets	Reps	Work
5	20	6	600
5	20	8	800
5	20	10	1,000
5	20	12	1,200
5	20	14	1,400
5	20	16	1,600
5	20	18	1,800
5	20	20	2,000
9	20	6	1,080
9	20	8	1,440
9	20	10	1,800
9	20	12	2,160
9	20	14	2,520
9	20	16	2,880
9	20	18	3,240
9	20	20	3,600
10	20	6	1,200
10	20	8	1,600
10	20	10	2,000
10	20	12	2,400
10	20	14	2,800
10	20	16	3,200
10	20	18	3,600
10	20	20	4,000
13	20	6	1,560
13	20	8	2,080
13	20	10	2,600
13	20	12	3,120
13	20	14	3,640
13	20	16	4,160
13	20	18	4,680
13	20	20	5,200
15	20	6	1,800
15	20	8	2,400
15	20	10	3,000
15	20	12	3,600
15	20	14	4,200
15	20	16	4,800
15	20	18	5,400
15	20	20	6,000
18	20	6	2,160
18	20	8	2,880
18	20	10	3,600
18	20	12	4,320
18	20	14	5,040
18	20	16	5,760
18	20	18	6,480
18	20	20	7,200

Weight	Sets	Reps	Work
20	20	6	2,400
20	20	8	3,200
20	20	10	4,000
20	20	12	4,800
20	20	14	5,600
20	20	16	6,400
20	20	18	7,200
20	20	20	8,000
25	20	6	3,000
25	20	8	4,000
25	20	10	5,000
25	20	12	6,000
25	20	14	7,000
25	20	16	8,000
25	20	18	9,000
25	20	20	10,000
26	20	6	3,120
26	20	8	4,160
26	20	10	5,200
26	20	12	6,240
26	20	14	7,280
26	20	16	8,320
26	20	18	9,360
26	20	20	10,400
30	20	6	3,600
30	20	8	4,800
30	20	10	6,000
30	20	12	7,200
30	20	14	8,400
30	20	16	9,600
30	20	18	10,800
30	20	20	12,000
35	20	6	4,200
35	20	8	5,600
35	20	10	7,000
35	20	12	8,400
35	20	14	9,800
35	20	16	11,200
35	20	18	12,600
35	20	20	14,000
40	20	6	4,800
40	20	8	6,400
40	20	10	8,000
40	20	12	9,600
40	20	14	11,200
40	20	16	12,800
40	20	18	14,400
40	20	20	16,000

Weight	Sets	Reps	Work
44	20	6	5,280
44	20	8	7,040
44	20	10	8,800
44	20	12	10,560
44	20	14	12,320
44	20	16	14,080
44	20	18	15,840
44	20	20	17,600
45	20	6	5,400
45	20	8	7,200
45	20	10	9,000
45	20	12	10,800
45	20	14	12,600
45	20	16	14,400
45	20	18	16,200
45	20	20	18,000
50	20	6	6,000
50	20	8	8,000
50	20	10	10,000
50	20	12	12,000
50	20	14	14,000
50	20	16	16,000
50	20	18	18,000
50	20	20	20,000
53	20	6	6,360
53	20	8	8,480
53	20	10	10,600
53	20	12	12,720
53	20	14	14,840
53	20	16	16,960
53	20	18	19,080
53	20	20	21,200
55	20	6	6,600
55	20	8	8,800
55	20	10	11,000
55	20	12	13,200
55	20	14	15,400
55	20	16	17,600
55	20	18	19,800
55	20	20	22,000
60	20	6	7,200
60	20	8	9,600
60	20	10	12,000
60	20	12	14,400
60	20	14	16,800
60	20	16	19,200
60	20	18	21,600
60	20	20	24,000

Weight	Sets	Reps	Work
62	20	6	7,440
62	20	8	9,920
62	20	10	12,400
62	20	12	14,880
62	20	14	17,360
62	20	16	19,840
62	20	18	22,320
62	20	20	24,800
65	20	6	7,800
65	20	8	10,400
65	20	10	13,000
65	20	12	15,600
65	20	14	18,200
65	20	16	20,800
65	20	18	23,400
65	20	20	26,000
70	20	6	8,400
70	20	8	11,200
70	20	10	14,000
70	20	12	16,800
70	20	14	19,600
70	20	16	22,400
70	20	18	25,200
70	20	20	28,000
75	20	6	9,000
75	20	8	12,000
75	20	10	15,000
75	20	12	18,000
75	20	14	21,000
75	20	16	24,000
75	20	18	27,000
75	20	20	30,000
80	20	6	9,600
80	20	8	12,800
80	20	10	16,000
80	20	12	19,200
80	20	14	22,400
80	20	16	25,600
80	20	18	28,800
80	20	20	32,000
85	20	6	10,200
85	20	8	13,600
85	20	10	17,000
85	20	12	20,400
85	20	14	23,800
85	20	16	27,200
85	20	18	30,600
85	20	20	34,000

WORK—20 INTERVALS

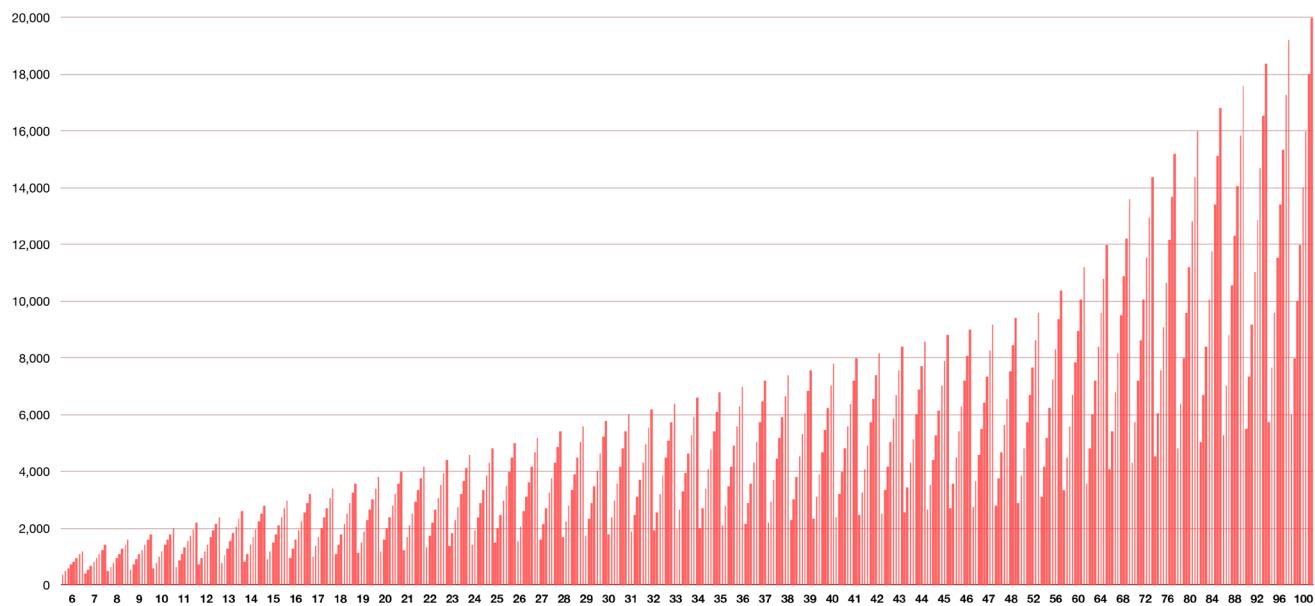
POUNDS (LBS)

Weight	Sets	Reps	Work
88	20	6	10,560
88	20	8	14,080
88	20	10	17,600
88	20	12	21,120
88	20	14	24,640
88	20	16	28,160
88	20	18	31,680
88	20	20	35,200
90	20	6	10,800
90	20	8	14,400
90	20	10	18,000
90	20	12	21,600
90	20	14	25,200
90	20	16	28,800
90	20	18	32,400
90	20	20	36,000
95	20	6	11,400
95	20	8	15,200
95	20	10	19,000
95	20	12	22,800
95	20	14	26,600
95	20	16	30,400
95	20	18	34,200
95	20	20	38,000
97	20	6	11,640
97	20	8	15,520
97	20	10	19,400
97	20	12	23,280
97	20	14	27,160
97	20	16	31,040
97	20	18	34,920
97	20	20	38,800
100	20	6	12,000
100	20	8	16,000
100	20	10	20,000
100	20	12	24,000
100	20	14	28,000
100	20	16	32,000
100	20	18	36,000
100	20	20	40,000
106	20	6	12,720
106	20	8	16,960
106	20	10	21,200
106	20	12	25,440
106	20	14	29,680
106	20	16	33,920
106	20	18	38,160
106	20	20	42,400

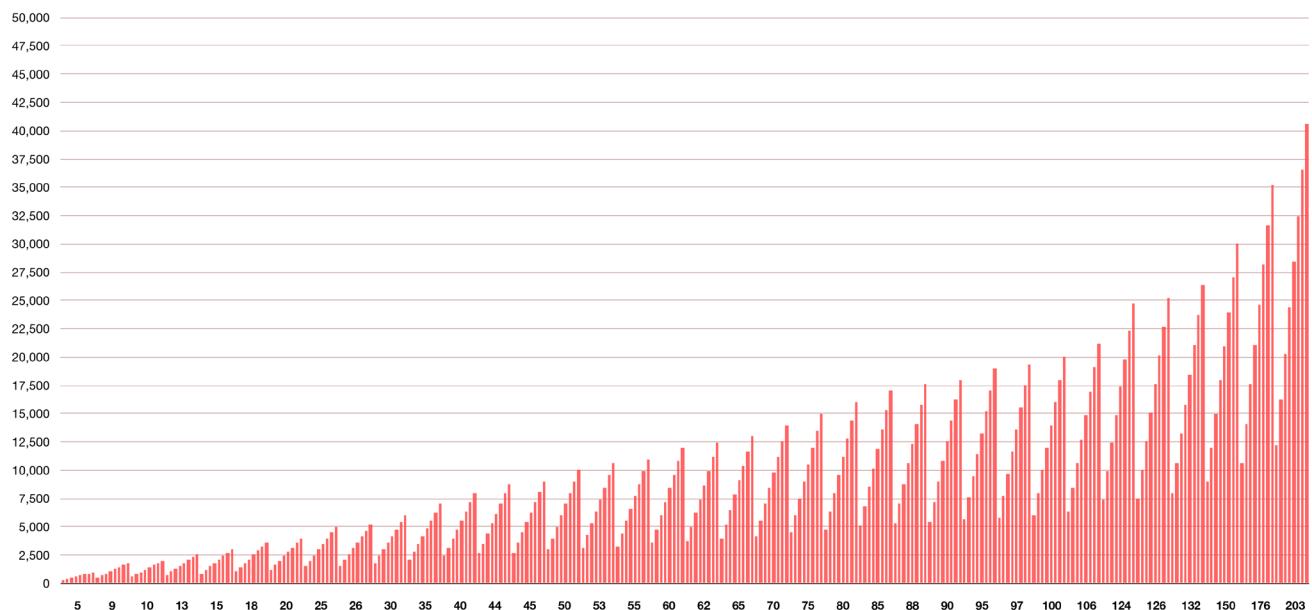
Weight	Sets	Reps	Work
124	20	6	14,880
124	20	8	19,840
124	20	10	24,800
124	20	12	29,760
124	20	14	34,720
124	20	16	39,680
124	20	18	44,640
124	20	20	49,600
126	20	6	15,120
126	20	8	20,160
126	20	10	25,200
126	20	12	30,240
126	20	14	35,280
126	20	16	40,320
126	20	18	45,360
126	20	20	50,400
132	20	6	15,840
132	20	8	21,120
132	20	10	26,400
132	20	12	31,680
132	20	14	36,960
132	20	16	42,240
132	20	18	47,520
132	20	20	52,800
150	20	6	18,000
150	20	8	24,000
150	20	10	30,000
150	20	12	36,000
150	20	14	42,000
150	20	16	48,000
150	20	18	54,000
150	20	20	60,000
176	20	6	21,120
176	20	8	28,160
176	20	10	35,200
176	20	12	42,240
176	20	14	49,280
176	20	16	56,320
176	20	18	63,360
176	20	20	70,400
203	20	6	24,360
203	20	8	32,480
203	20	10	40,600
203	20	12	48,720
203	20	14	56,840
203	20	16	64,960
203	20	18	73,080
203	20	20	81,200

WORK CHARTS—10 INTERVALS

KILOGRAMS (KGS)

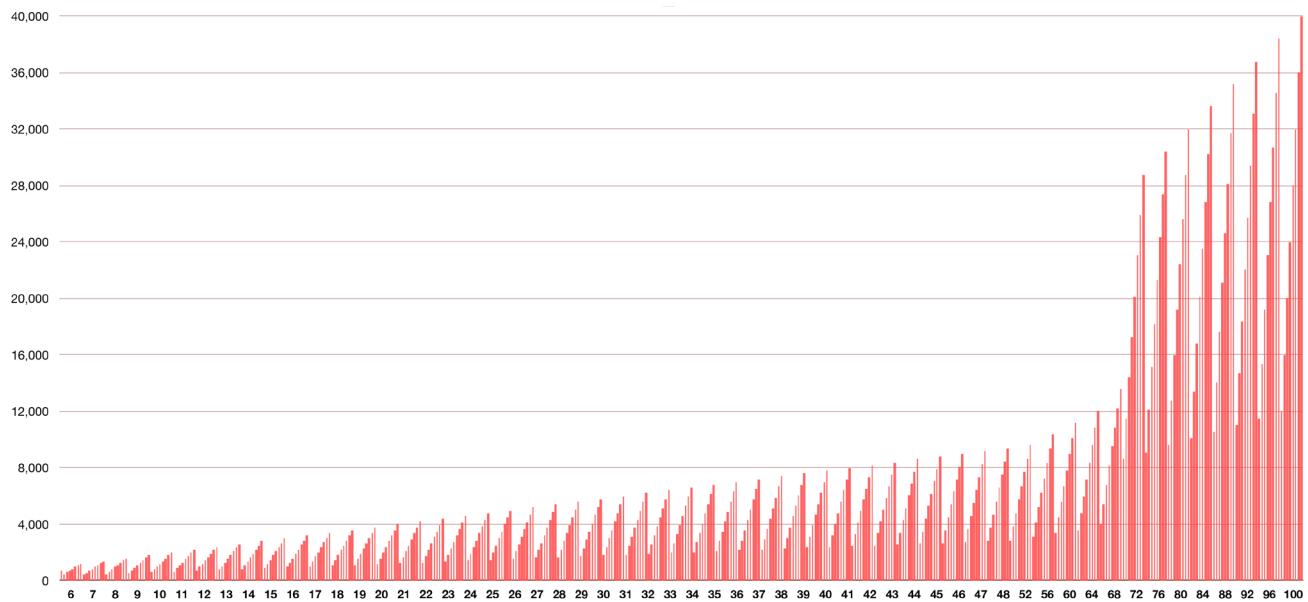


POUNDS (LBS)

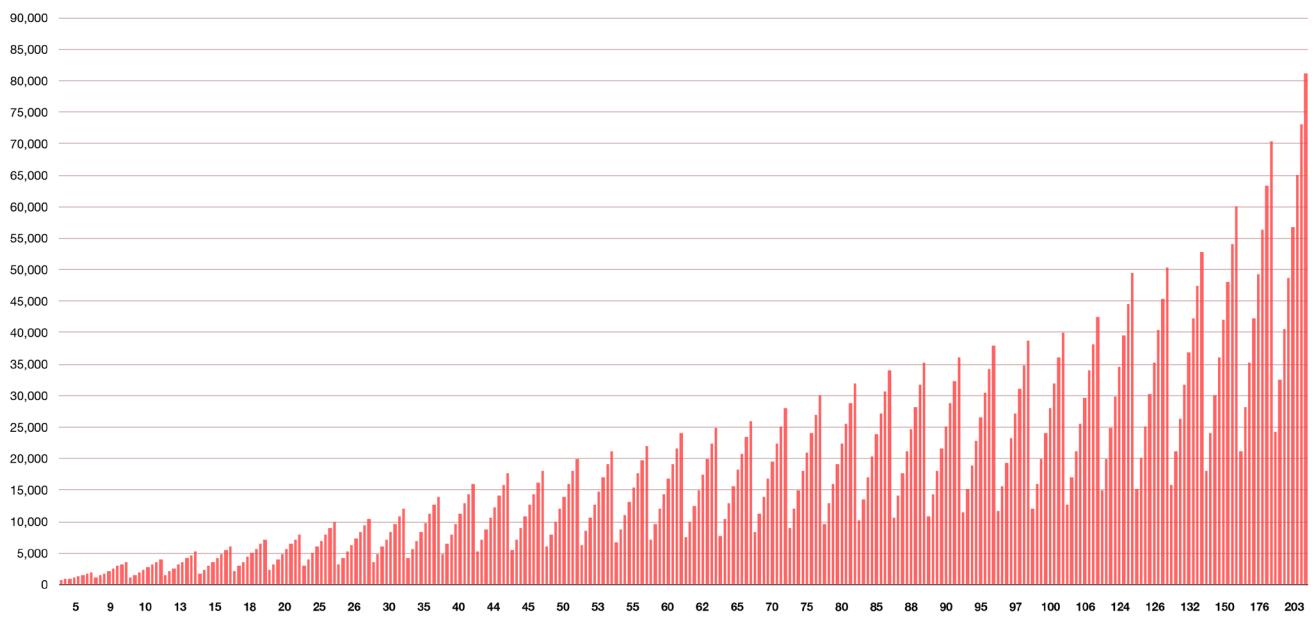


WORK CHARTS—20 INTERVALS

KILOGRAMS (KGS)

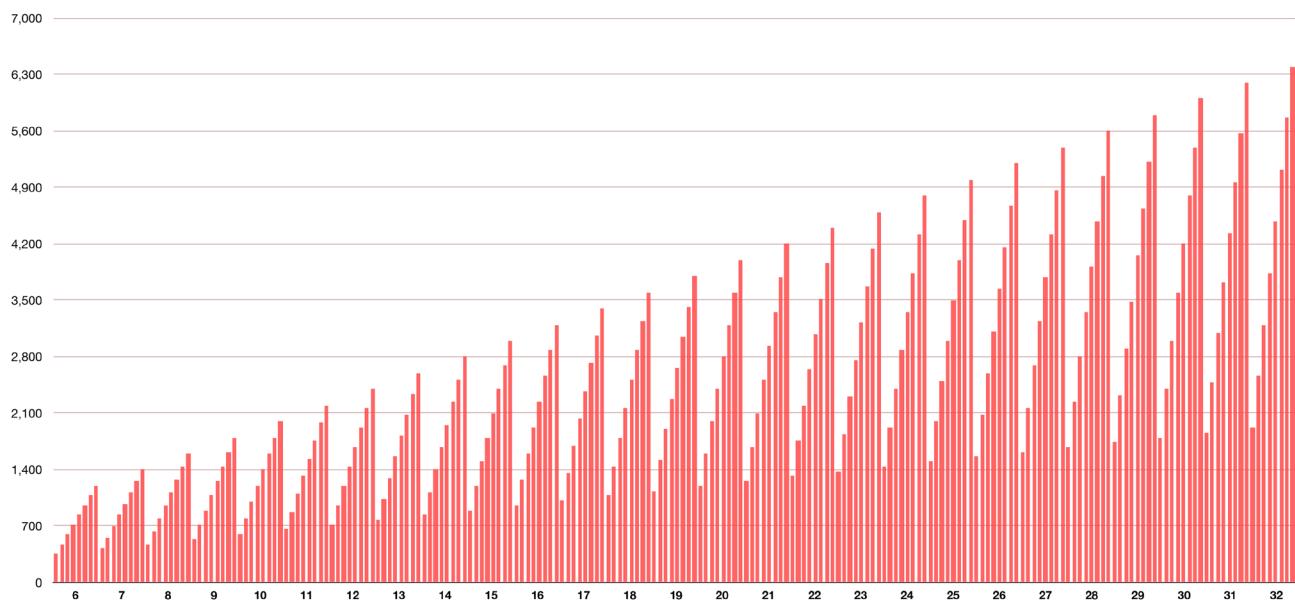


POUNDS (LBS)

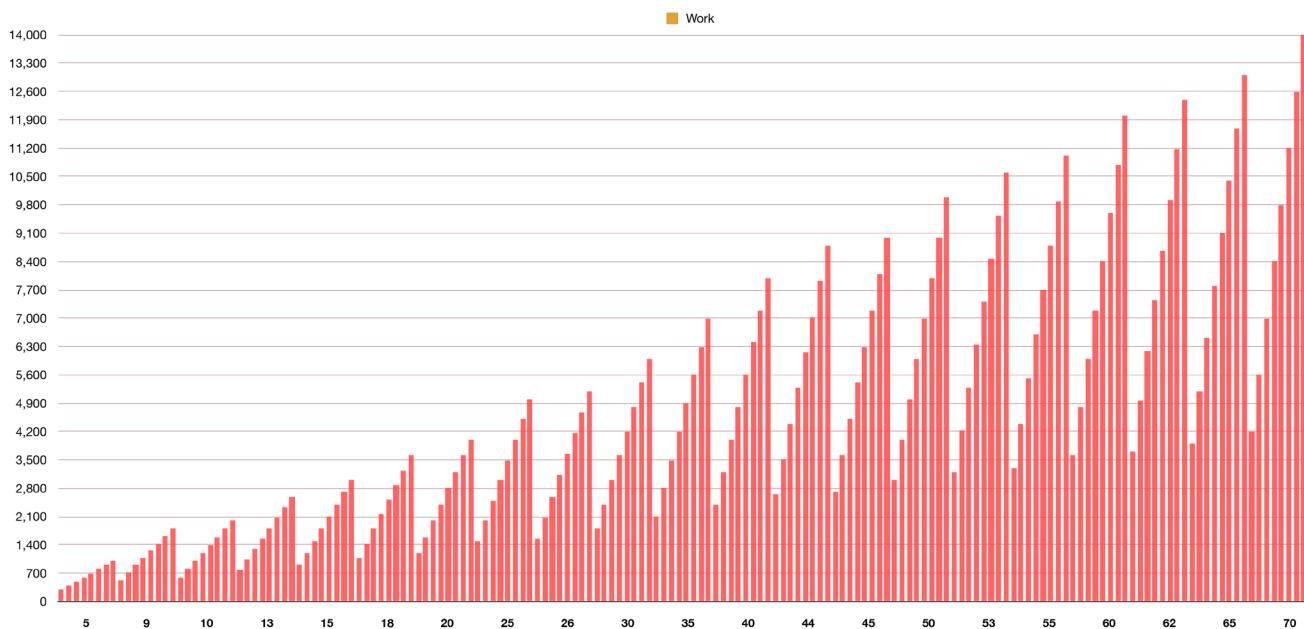


WORK CHARTS (COMMON)—10 INTERVALS

KILOGRAMS (KGS)

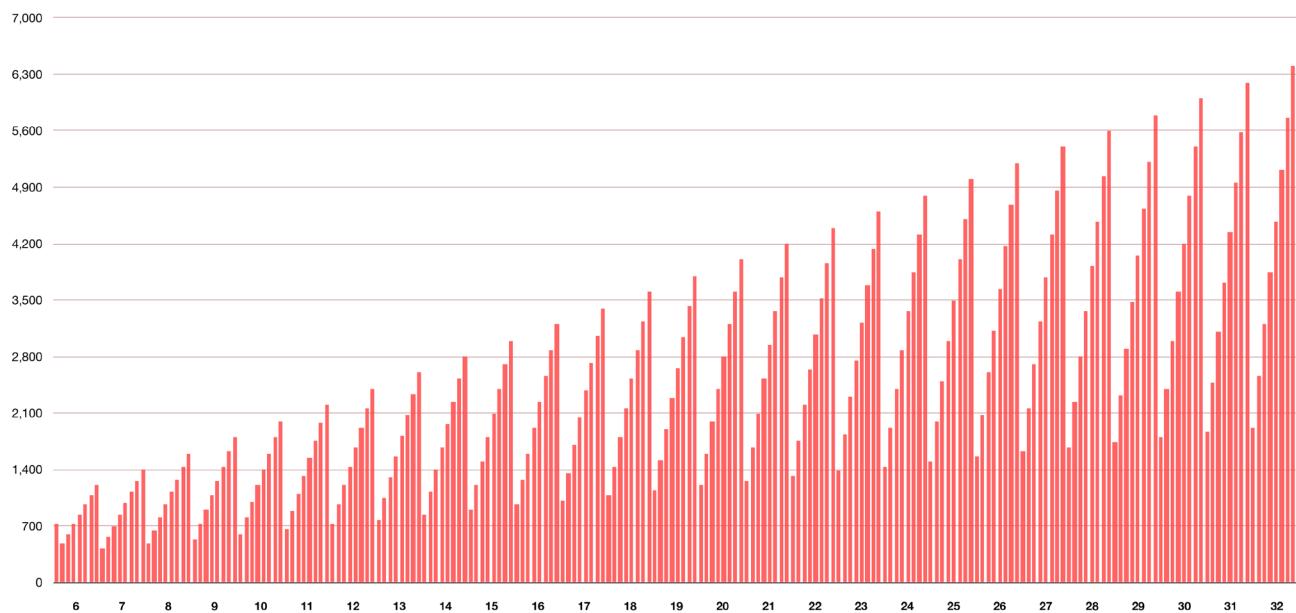


POUNDS (LBS)

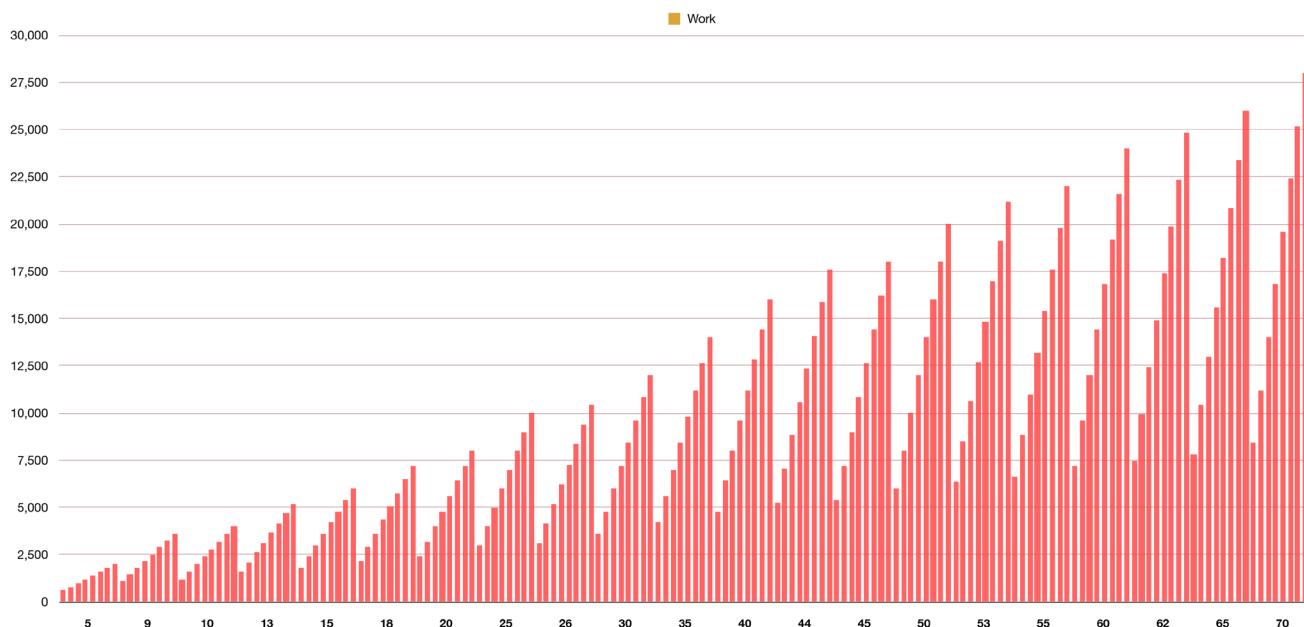


WORK CHARTS (COMMON)—20 INTERVALS

KILOGRAMS (KGS)



POUNDS (LBS)



Warm Up

Exercises



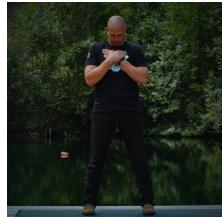
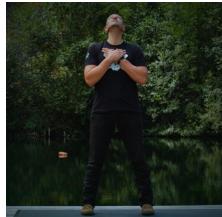
WARM UP - LEVEL 1

Neck Look L-to-R



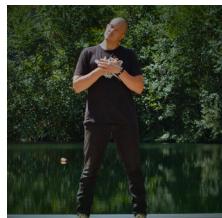
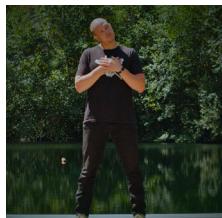
Stand with feet shoulder width apart & with feet pointed STRAIGHT AHEAD. Place two (2) hands on chest; drive shoulders DOWN, away from your ears. Pull kneecaps up; Maintain mid-foot balance. Tuck tailbone to level your hip bowl

Neck Look Up/Down



Stand with feet shoulder width apart & with feet pointed STRAIGHT AHEAD. Place two (2) hands on chest; Drive shoulders DOWN, away from your ears. Pull kneecaps up; Maintain mid-foot balance. Tuck tailbone to level your hip bowl. Look UP and then look DOWN. Move SLOWLY. DO NOT MOVE THROUGH PAIN. Move to the edge of DISCOMFORT, but NOT INTO PAIN.

Neck Lift Ear



Stand with feet shoulder width apart & with feet pointed STRAIGHT AHEAD . Place two (2) hands on chest; Drive shoulders DOWN, away from your ears. Pull kneecaps up; Maintain mid-foot balance. Tuck tailbone to level your hip bowl. Keeping your gaze STRAIGHT AHEAD, lift one (1) ear to the sky (DO NOT focus on lowering an ear to the shoulder); Make your neck LONGER, NOT SHORTER. *Move SLOWLY. DO NOT MOVE THROUGH PAIN. Move to the edge of DISCOMFORT, but NOT INTO PAIN.



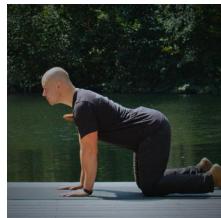
WARM UP - LEVEL 1

Neck Standing Glide Forward/Backward



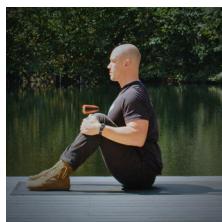
Stand with feet shoulder width apart & with feet pointed STRAIGHT AHEAD. Place two (2) hands on chest; Drive shoulders DOWN, away from your ears. Pull kneecaps up; Maintain mid-foot balance. Tuck tailbone to level your hip bowl. Keeping your gaze STRAIGHT AHEAD, jut your chin FORWARD, then retract your head as far BACK as possible, WITHOUT letting your head tip UP or DOWN. Move SLOWLY. DO NOT MOVE THROUGH PAIN. Move to the edge of DISCOMFORT, but NOT INTO PAIN.

Quad Cat/Cow



Get down to the ground in whatever way you'd like. Assume a "knee-down" quadruped position, with your hands and knees on the ground; arms will be VERTICAL and upper leg will be VERTICAL; Keep your spine NEUTRAL. Keep your arms STRAIGHT as you push the center of the spine UP toward the sky and focus your eyes on your belly button. Keep your arms STRAIGHT as you sag your spine by moving your belly DOWN toward the ground and move your gaze UP toward the sky. Repeat this as you focus on keeping your arms STRAIGHT. If you begin to experience PAIN in your spine, REDUCE the RANGE of MOTION, UNTIL PAIN IS NO LONGER A FACTOR. Start with a NARROW RANGE OF MOTION and INCREASE the RANGE of MOTION SLOWLY, over time.

Roll Like A Ball



Get down to the ground in whatever way you'd like. Sit on your tailbone; Pull your knees TOWARD your chest until your feet are flat on the ground. Round your spine and then ROLL BACKWARD, without smacking your head on the ground. Rock FORWARD to RETURN to STARTING position and EXTEND your spine by LIFTING your chest TOWARD the sky. Your spine should NOT be making "thumping" noises as you complete these movements, and there should be NO "impact shock" from this rolling movement.

WARM UP - LEVEL 1

Child Outside Lunge Alt



Start in Child's Pose with two knees on the ground, get your glutes in contact with your heels; Curl your toes so that the top of the foot is in contact with the ground and REACH your forehead TOWARD the ground. EXTEND your arms UP over your head; with full EXTENSION of your arms and with your heels in contact with your glutes, you are in the "starting" posture for this movement. Glide your body FORWARD with straight arms; Bring one (1) foot FORWARD and place it on the ground OUTSIDE your hand. Your FORWARD foot should be pointed STRAIGHT AHEAD and your toes should be equal, or BEYOND the line of your fingers.

Windshield Wiper - Hand Back



Sit with both buttocks on the ground; Ensure the soles of your feet are flat on the ground. Place your hands on the ground BEHIND your body with your fingers pointed AWAY from your body and with your elbows STRAIGHT. Lift your chest TOWARD the sky while keeping your palms in SOLID contact with the ground. Drive one (1) knee TOWARD your body's center line and try to touch that kneecap to the instep of your other leg. Try to keep your OTHER leg vertical. Return this moving leg to VERTICAL, and then isolate the internal movement of the other leg. Alternate sides with this same movement on each side; isolate the rotation of one hip at a time.

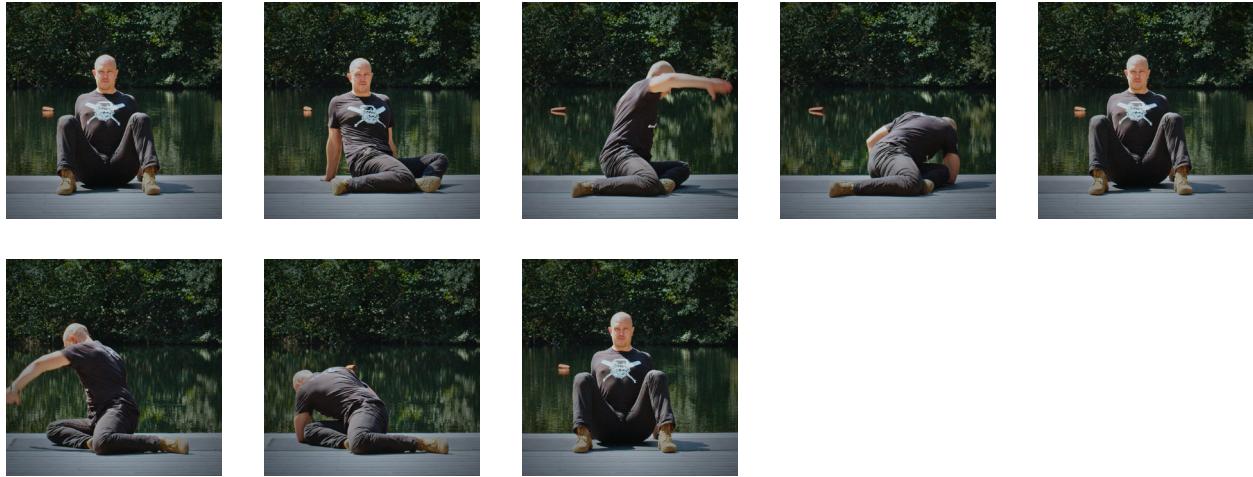
Shin Box Alt



Sit with both buttocks on the ground; Ensure the soles of your feet are flat on the ground. Place your hands on the ground BEHIND your body with your fingers pointed AWAY from your body and with your elbows STRAIGHT. Lift your chest TOWARD the sky while keeping your palms in SOLID contact with the ground. Drive one (1) knee TOWARD your body's center line and let the other knee drive TOWARD the ground. This is an evolution of the previous movement but with two (2) hips moving at the same time instead of isolating just one hip at a time. Place your hands flat on the ground BEHIND you; Drive both knees to one side, focusing on keeping both buttocks flat on the ground.

WARM UP - LEVEL 2

Shin Box Elbow Touch Alt



This movement builds on the above movement with additional spinal rotation.

Sit with both buttocks on the ground; Ensure the soles of your feet are flat on the ground. Place your hands on the ground BEHIND your body with your fingers pointed AWAY from your body and with your elbows STRAIGHT. Lift your chest TOWARD the sky while keeping your palms in SOLID contact with the ground. Drive one (1) knee TOWARD your body's center line and let the other knee drive TOWARD the ground. This is an evolution of the previous movement but with two (2) hips moving at the same time instead of isolating just one hip at a time. Additionally, this movement adds a "rear arm elbow touch" in front of your leading leg's knee, on the upper leg's side of the movement. Drive both knees to one side, focusing on keeping both buttocks flat on the ground; Move your rear elbow to the ground on the upper leg side of your leading leg, thereby introducing spinal rotation to the hip warmup.



WARM UP

- 1 **Neck Look L/R**30 sec
- 2 **Neck Look Up/Down**.....30 sec
- 3 **Neck Lift Ear**30 sec
- 4 **Neck Glide Forward/Back**.....30 sec
- 5 **Quad Cat/Cow**60 sec
- 6 **Roll Like A Ball**.....60 sec
- 7 **Child Outside Lunge Alt**60 sec
- 8 **Windshield Wiper**60 sec
- 9 **Shin Box Alt**60 sec
- 10 **Shin Box Elbow Touch Alt**60 sec



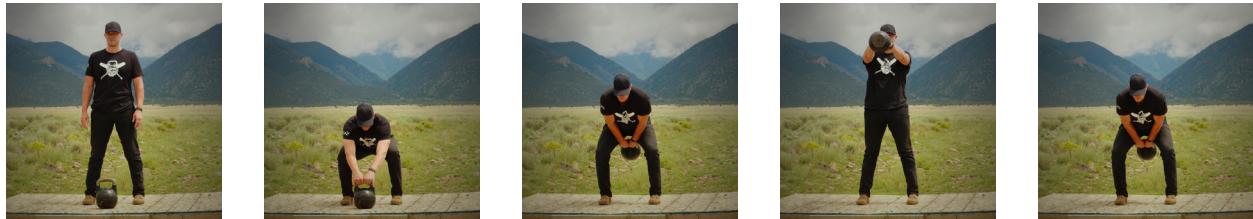
Exercises

Kettlebell Swings



SWING - EXERCISES

2 Hand Swing

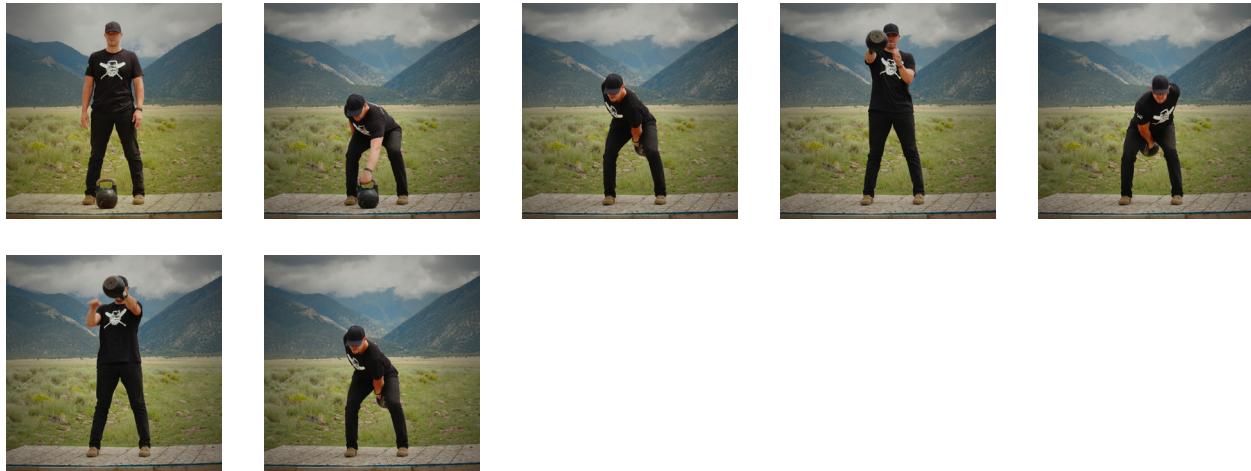


Point your feet straight ahead. Push your hips back. Shins vertical. Weight 12 to 18 inches in front of your toes. Two (2) hands on the bell. Push shoulders down away from the ears to fire the Lats. Hike the weight back. The outside of the forearms should contact high on the inside of the upper thigh. Explode the hips to return to a standing position. Legs straight. Fire the quads by pulling the knee cap up. Squeeze the glutes. Drive the rib cage down to fire the abs. Arms swing up to parallel to the ground or slightly below. Push the weight back to load the hips for the next rep.

Do not elevate arms above parallel to the ground.

SWING - EXERCISES

Hand-to-Hand Swing



Point your feet straight ahead. Push your hips back. Shins vertical. Weight 12 to 18 inches in front of your toes. One (1) hand on the bell with the handle perpendicular to the body. Thumb points back toward the centerline of the body. Push shoulder down away from the ears to fire the Lats. Hike the weight back. The outside of the forearm should contact high on the inside of the upper thigh. Explode the hips to return to a standing position. Legs straight. Fire the quads by pulling the knee cap up

squeeze the glutes. Drive the rib cage down to fire the abs. At the full extention of the swing, point the thumb to the sky and replace with the other hand. Thumb points to the sky for the catch and rotates to point back toward the body on the next swing. Pointing the thumb back is a safety measure to remove elbow strain. Push the weight back to load the hips for the next rep.

Do not elevate arms above parallel to the ground.



SWING - EXERCISES

Start/Stop 2 Hand Swing

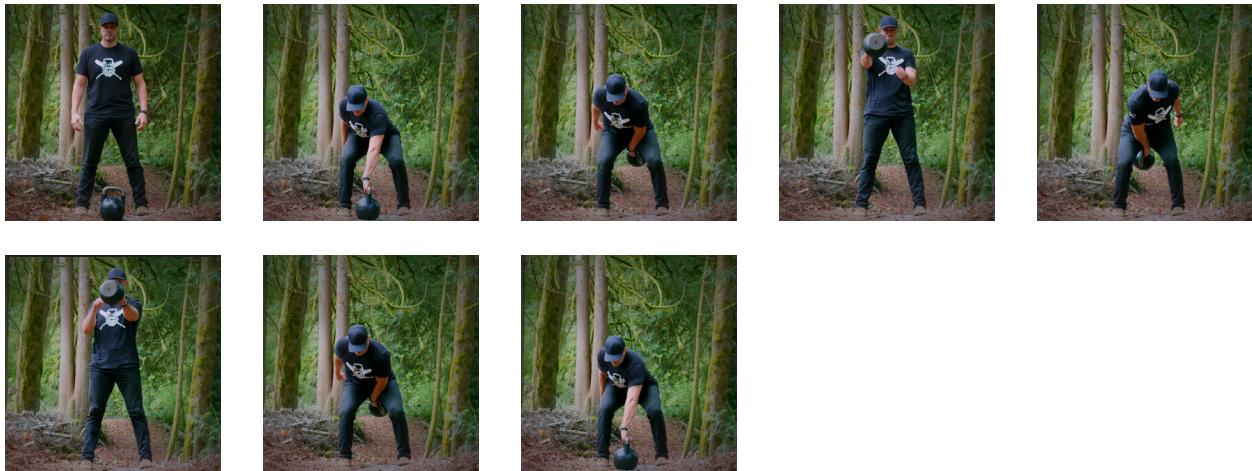


Point your feet straight ahead. Push your hips back. Shins vertical. Weight 12 to 18 inches in front of your toes. Two (2) hands on the bell. Push shoulders down away from the ears to fire the Lats. Hike the weight back. The outside of the forearms should contact high on the inside of the upper thigh explode the hips to return to a standing position. Legs straight. Fire the quads by pulling the knee cap up. Squeeze the glutes. Drive the rib cage down to fire the abs. Arms swing up to parallel to the ground or slightly below. Push the weight back to load the hips, lower the legs parallel to the ground and return the kettlebell to its starting position for each rep. Start and stop the bell every time.

Do not elevate arms above parallel to the ground.

SWING - EXERCISES

Start/Stop Hand-to-Hand Swing



Point your feet straight ahead. Push your hips back. Shins vertical. Weight 12 to 18 inches in front of your toes. One (1) hand on the bell with the handle perpendicular to the body. Thumb points back toward the centerline of the body. Push shoulder down away from the ears to fire the Lats. Hike the weight back. The outside of the forearm should contact high on the inside of the upper thigh. Explode the hips to return to a standing position. Legs straight. Fire the quads by pulling the knee cap up. Squeeze the glutes. Drive the rib cage down to fire the abs. At the full extention of the swing, point the thumb to the sky and replace with the other hand. Thumb points to the sky for the catch and rotates to point back toward the body on the next swing. Pointing the thumb back is a safety measure to remove elbow strain. Push the weight back to load the hips then settle the weight back to the starting position by sinking the thighs parallel to the ground. Return to the starting position for each rep to get better at the starting and ending positions.

Do not elevate arms above parallel to the ground.



Cool Down

Exercises



COOL DOWN - 12 MINUTES

Sphinx



Get down to the ground in whatever way you'd like. Lie CHEST-DOWN on the ground. Move your elbows under your shoulders and place your upper arms in a VERTICAL position. Drive your shoulders AWAY from your ears. Gaze STRAIGHT AHEAD of you; DO NOT look UP at the sky.

Forward Fold Standing



Stand with your feet shoulder width apart. Bend your knees and reach your hands UP to the sky. Bend your legs and straighten them until you feel a stretch in your lower back or in your hamstrings (or both). To exit this posture bend your legs, drop your tailbone TOWARD the floor, orient UPRIGHT and stand UP, slowly. Beginner athletes may get lightheaded if standing up too quickly at the end of these movements.

Shin Box Arm Thread - Left



Get down to the ground in whatever way you'd like. Sit on your tailbone with your legs out in front of you. Pull your knees toward your chest until the soles of your feet are resting flat on the ground. Place your feet shin-width apart. Drop your knees to one side of your body; the knee of your rear leg should "nest" into the mid-foot arch of your lead leg. Place your rear elbow on the ground, ensuring that the elbow remains on the upper side of your leg, with your fingers pointed TOWARD your hip bone. Relax and breathe. After one (1) minute has passed, extend the arm further through until your rear shoulder is touching the ground in front of your lead leg. After two (2) minutes have elapsed, "back out" of the posture SLOWLY and prepare to repeat it on the other side.

COOL DOWN - 12 MINUTES

Shin Box Arm Thread - Right



Get down to the ground in whatever way you'd like. Sit on your tailbone with your legs out in front of you. Pull your knees toward your chest until the soles of your feet are resting flat on the ground. Place your feet shin-width apart. Drop your knees to one side of your body; the knee of your rear leg should "nest" into the mid-foot arch of your lead leg. Place your rear elbow on the ground, ensuring that the elbow remains on the upper side of your leg, with your fingers pointed TOWARD your hip bone. Relax and breathe. After one (1) minute has passed, extend the arm further through until your rear shoulder is touching the ground in front of your lead leg. After two (2) minutes have elapsed, "back out" of the posture SLOWLY .

Kneeling Wrist Stretch



Start with a double-kneeling position on the ground and place your hands on the ground in front of your knees. If you can't sit with your glutes all the way down on your heels, place yoga blocks or a book under your tailbone to reduce stress on your knees. "Spin" your hands in an "INSIDE circular" motion (with your palms moving toward your body's center line) until your palms are AWAY from your body and your finger tips are pointed TOWARD your knees. Straighten your elbows as much as possible, with your palms staying connected to the ground. HOLD. Exit the posture SLOWLY after holding the pose for the allotted time.



COOL DOWN - 12 MINUTES

Pancake



From a seated posture, with both buttocks on the ground, extend your legs straight out in front of you. Move your heels as far apart as is comfortable and hinge your body FORWARD at the hips, to move the chest TOWARD the ground. If your equipment permits, place a heavy weight (a kettlebell works nicely for this) in front of your body on the ground and pull AGAINST that weight to activate your lats. Alternate between activating your lats by pulling AGAINST the weight in front of you, and by RELAXING—NOT PULLING AGAINST the weight—trying to press your sternum (the center of your chest) TOWARD the ground.



COOL DOWN - 12 MIN

2 minutes each

- 1 **Sphinx**
- 2 **Forward Fold Standing**
- 3 **Shin Box Arm Thread - Left**
- 4 **Shin Box Arm Thread - Right**
- 5 **Kneeling Wrist Stretch**
- 6 **Pancake**



COOL DOWN - 14 MINUTES

Sphinx



Get DOWN to the ground in whatever way you'd like. Lie CHEST-DOWN on the ground. Move your elbows under your shoulders and place your upper arms in a VERTICAL position. Drive your shoulders AWAY from your ears. Gaze STRAIGHT AHEAD of you; DO NOT look UP at the sky.

Seated Forward Fold



Get DOWN to the ground in whatever way you'd like, placing your legs straight out in front of you, with your feet shoulder-width apart. Place a kettlebell on the ground somewhere between your feet and your knees, depending on your current mobility; Reach OUT with your hands to grab the kettlebell, activating your lats by pulling AGAINST the weight. This will fire the muscles in your posterior chain. Alternate between activating your lats by pulling AGAINST the weight in front of you, and by RELAXING—NOT PULLING AGAINST the weight—trying to press your sternum (the center of your chest) TOWARD your knees.

Hip Flexor - Left



Get DOWN to the ground in whatever way you'd like. Start in a “half-kneeling” posture; Place one leg FORWARD with that foot flat on the ground and with that front knee at a 90-degree angle to your body; Place your rear leg with your knee on the ground and with that knee at a 90-degree angle to your body. Drive your rear hip TOWARD the heel of your lead foot. Squeeze the glute of your rear leg to force that hip flexor to relax. Repeat on the other side of your body for an equal amount of time.



COOL DOWN - 14 MINUTES

Hip Flexor - Right



Get DOWN to the ground in whatever way you'd like. Start in a "half-kneeling" posture; Place one leg FORWARD with that foot flat on the ground and with that front knee at a 90-degree angle to your body; Place your rear leg with your knee on the ground and with that knee at a 90-degree angle to your body. Drive your rear hip TOWARD the heel of your lead foot. Squeeze the glute of your rear leg to force that hip flexor to relax. Repeat on the other side of your body for an equal amount of time.

Pigeon - Left



Get DOWN to the ground in whatever way you'd like. Start in a "half-kneeling" posture; Place one leg FORWARD with that foot flat on the ground and with that front knee at a 90-degree angle to your body; Place your rear leg with your knee on the ground and with that knee at a 90-degree angle to your body. Move your leading foot TOWARD your body's center line until it aligns with your rear knee. Drive your knee TOWARD the ground. Lean your body FORWARD until your elbows are on the ground; Square your shoulders. To increase the stretch, move your rear foot BACK; This increases the stretch in your hip on the leading leg's side. Exit this posture SLOWLY and repeat this movement on the other side of your body for an equal amount of time.

Pigeon - Right



Get DOWN to the ground in whatever way you'd like. Start in a "half-kneeling" posture; Place one leg FORWARD with that foot flat on the ground and with that front knee at a 90-degree angle to your body; Place your rear leg with your knee on the ground and with that knee at a 90-degree angle to your body. Move your leading foot TOWARD your body's center line until it aligns with your rear knee. Drive your knee TOWARD the ground. Lean your body FORWARD until your elbows are on the ground; Square your shoulders. To increase the stretch, move your rear foot BACK; This increases the stretch in your hip on the leading leg's side. Exit this posture SLOWLY and repeat this movement on the other side of your body for an equal amount of time.

COOL DOWN - 14 MINUTES

Frog



Start from the quadruped position. Place your elbows on the ground and place your upper arms in a VERTICAL position. Drive your knees apart to stretch your inner thigh. Keep the angle between your upper leg and your lower leg at 90 degrees and drive the inside ankle bone DOWN into the ground. Hold the stretch and breathe, adjusting your ankles as necessary.



COOL DOWN - 14 MIN

2 minutes each

- 1 **Sphinx**
- 2 **Seated Forward Fold**
- 3 **Hip Flexor Kneeling - Left**
- 4 **Hip Flexor Kneeling - Right**
- 5 **Pigeon - Left**
- 6 **Pigeon - Right**
- 7 **Frog**



NO EXCUSES

So—TRULY!—there are NO EXCUSES!

It is ABSOLUTELY possible to achieve TOTAL BODY INTEGRATION following this program, along with demonstrable, dramatic improvement in overall fitness level, with features like enhanced flexibility & refinement in range-of-motion, which are trademark benefits of dynamic weight training.

Put on your favorite Wildman Athletica shirt, grab your kettlebell, and let's get started!

