



## MONDAY - FULL BODY

### CIRCUIT 1 - 3 ROUNDS

- SKI ERG - 15. CAL
- DOUBLE KETTLE BELL CLUSTER - 5
- SLED PUSH - 25 YARDS

### CIRCUIT 2 - 4 ROUNDS

- KETTLEBELL SWING + HIGH PULL - 7/7
- BENT PRESS - 2/2
- SUITCASES - 20

### CIRCUIT 3 - 3 ROUNDS

- OVERHEAD SINGLE ARM RACKED MARCHES - 15/15
- GORILLA CLEAN WALKS - 10/10
- ALTERNATING MARCH PRESSES - 10/10

## TUESDAY - BACK AND SHOULDERS

### CIRCUIT 1 - 3 ROUNDS

- WOOD CHOPPERS - 8/8
- LANDMINE ROWS - 10/10
- Z PRESS - 5/5
- RESISTANCE BAND PULL/KB PRESS - 7/7

### CIRCUIT 2 - 3 ROUNDS

- LANDMINE JERKS - 5/5
- AB ROLL OUTS or 1 MINUTE PLANK
- DOUBLE KETTLEBELL GUN SLINGER(4) + CLEAN(3) + PRESS (2)
- SANDBAG TO SHOULDER - 3/3

### CIRCUIT 3- 3 ROUNDS

- SKI ERG - 10 CAL
- CLUB MILLS - 7/7
- V-BAR LANDMINE ROWS - 10

**NO EXCUSES. JUST TRY IT**



**WEDNESDAY - UNCONVENTIONAL LEGS -**

**CIRCUIT 1 - 3 ROUNDS**

- FRONT RACKED SQUATS - 10
- SPINTER HOPS - 8/8
- DEAD STOP SWING + GOBLET SQUAT 5/5

**CIRCUIT 2 - 3 ROUNDS**

- ZERCHER SQUATS - 8
- SANDBAG SQUATS - 10
- SANDBAG STEP UPS - 5/5

**CIRCUIT 3 - 3 ROUNDS**

- BULGARIAN SPLIT SQUATS - 8/8
- KANG SQUATS - 5
- SISSY SQUATS - 10-12

**THURSDAY - BACK AND SHOULDERS**

**CIRCUIT 1 - 3 ROUNDS**

- LATERAL SWING + SNATCH + WINDMILL - 5/5
- KNEELING PRESS + RESISTANCE BANDPULL 7/7
- BOSU MOUNTAIN CLIMBERS - 30

**CIRCUIT 2 - 3 ROUNDS**

**KETTLEBELL COMPLEX**

- ROWS 3 - CLEANS - 2 PUSH PRESS - 1
- ROWS 1 - CLEANS 3 - PUSH PRESS - 2
- ROWS 2 - CLEANS - 1 - PUSH PRESS 3

**CIRCUIT 3 - 3 ROUNDS**

- PULL UPS - 10
- TAC SNATCHES - 5/5
- CLUB MILLS 8/8

**NO EXCUSES. JUST TRY IT**



**FRIDAY - FULL BODY - CONDITIONING**

**CIRCUIT 1 - EMOM - 3 ROUNDS**

**45 SECOND WORK - 15 SECOND REST BETWEEN EXERCISES**

- OUTSIDE MOUNTAIN CLIMBERS - 10 each
- SUITECASES - 20
- LATERAL SWING + SNATCH + WINDMILL (RIGHT ARM) - 3
- LATERAL SWING + SNATCH + WINDMILL (LEFT ARM) - 3

**CIRCUIT 2 - 15MIN AMRAP - AS MANY ROUNDS AS POSSIBLE**

- CARDIO - 15 CAL
- FARMER CARRY OVERHEAD + GORILLA CLEANS
- SINGLE ARM STAGGER SWINGS 5/5
- SINGLE ARM STAGGER THRUSTER 5/5
- PULL UPS OR TRX ROWS - 12

**CIRCUIT 3 - EMOM - 3 ROUNDS**

**40 SECOND WORK - 20 SECOND REST EACH EXERCISE**

- DOUBLE KETTLEBELL SNATCH/CLUSTER
- GUNSLINGER + HIGH PULL
- GORILLA ROWS
- DIVE BOMBER + PUSH UPS

**STATURDAY - LEGS**

**CIRCUIT 1 - 4 ROUNDS**

- BIKE - 10 CAL
- SANDBAG SQUATS - 10
- LOADED BEAST BURPEE - 10
- KB SWINGS - 10

**CIRCUIT 2 - 4 ROUNDS**

- GOBLET SQUATS - 10
- LOADED STEP UPS - 7/7
- KANG SQUATS - 5
- WEIGHTED JUMP SQUATS - 10

**SUNDAY - REST and RECOVERY**

**NO EXCUSES. JUST TRY IT**



**WEEK 2**

**MONDAY - UPPER BODY**

**CIRCUIT 1 - 4 ROUNDS**

- WALK OUT - PUSH UP S - 10
- DIPS - 10
- KETTLE BELL HALOS - 10/10
- KETTLE BELL SNATCH\_+ PRESS 5/5

**CIRCUIT 2 - 4 ROUNDS**

- WOODCHOPPERS 10/10
- ROTATIONAL PRESS - 7/7
- GORILLA CLEANS- 7/7
- AB ROLL OUTS - 10

**TUESDAY - POSTERIOR BEAST WORK OUT**

**CIRCUIT 1 - 3 ROUNDS**

- SKI ERG - 12 CAL
- PULL UP - 10
- KETTLEBELL PULL THROUGH - BEAR CRAWL STANDCE - 7/7
- AB ROLLOUTS - 12

**CIRCUIT 2 - 3 ROUNDS**

- SINGLE ARM KETTLEBELL ROW - 10
- SINGLE ARM KETTLEBELL CLEAN + PRESS - 10
- LANDMINE SNATCHES - 5/5
- SANDBAG TO SHOULDER - 5/5

**CIRCUIT 3 - 3 ROUNDS**

- PENDELAY ROWS -
- LANDMINE CLEAN & JERKS - 7/7
- SINGLE ARM KETTLEBELL SNATCH - 10
- SANDBAG BACK EXT - 7

**NO EXCUSES. JUST TRY IT**



**WEDNESDAY - BOOTY DAY**

**CIRCUIT 1 - 3 ROUNDS**

- CURTSEY LUNGE - 10/10
- SINGLE LEG RDLs - 10/10
- KETTLEBELL SWINGS - 15

**CIRCUIT 2 - KETTLE BELL COMPLEX - 3 ROUNDS**

- DEADLIFTS - 5
- SWINGS - 5
- GOBLET SQUATS - 5
- REVERSE LUNGES - 5/5

**CIRCUIT 3 - 3 ROUNDS**

- BULGARIAN SPLIT SQUATS - 10/10
- HIP THRUSTERS - 15
- LUNGE SPRINTS - 10/10

**THURSDAY - FULL BODY**

**CIRCUIT 1 - 3 ROUNDS**

- KETTLEBELL SWING + SQUAT SWING 10/10
- KETTLEBELL FARMER CARRY. - 1 MIN
- KETTLEBELL HALOS - 10/10
- WALK-OUTS - 10

**CIRCUIT 2 - 3 ROUNDS**

- OBLIQUE TWISTS - 15/15
- BENT PRESS - 5/5
- PUSH PRESS - 7/7

**CIRCUIT 3 - 3 ROUNDS**

- DOUBLE KETTLEBELL SNATCHES - 5
- DOUBLE KETTLEBELL SQUAT CLEANS - 5
- THRUSTER - 5

# NO EXCUSES. JUST TRY IT



## FRIDAY - LEG DAY

### CIRCUIT 1 - 3 ROUNDS

- KETTLE BELL LUNGES. - 7/7
- GOBLET SQUAT + COASSACK LUNGE - 7/7
- RESISTANCE BAND JUMP SQUATS - 15

### CIRCUIT 2 - 3 ROUNDS

- KANG SQUATS + LUNGE EACH LEG - 5/5
- ZERCHER UNI-LATERAL KETTLEBELL SQUAT - 7/7
- DOUBLE KETTLEBELL SQUAT CLEAN - 5

### CIRCUIT 3 - 3 ROUNDS

- KETTLEBELL SWINGS - 15
- KETTLEBELL STEP UPS - 7/7

## SATURDAY - CORE, CHEST, ARMS

### CIRCUIT 1 - 3 ROUNDS

- PUSH UP SWIVEL/SPIDERMAN - 10/15
- CARDIO - 12 CAL
- HAND TO HAND ROW + CLEAN 10/10
- HAND TO HAND SNATCH - 5/5

### CIRCUIT 2 - 3 ROUNDS

- DIVERBOMBER PUSH UP - 10
- DIPS 12-15
- SINGLE ARM SWING + HIGH PULL + SNATCH + PUSH PRESS 3/3

### CIRCUIT 3 - 3 ROUNDS

- SANGBAG TGU (OR KETTLEBELL) 1/1
- SIDE PLANKS 30 SECONDS EACH SIDE
- Z PRESS - 7/7

## SUNDAY - REST and RECOVERY