

Feb. 2012  
 KB WOM  
 Workout A

Name: \_\_\_\_\_  
 Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_



Focus Circuit

	Week 1			Week 2			Week 3			Week 4			
	lbs/ Lv.	Reps		lbs/ Lv.	Reps		lbs/ Lv.	Reps		lbs/ Lv.	Reps		
Bridge	Set 1		X 5		X			X			X		Do 5-15 reps
	Set 2		X		X			X			X		
Split Squat	Set 1		X 5		X			X			X		Do 5-20 reps
	Set 2		X		X			X			X		
¼ Get Up	Set 1		X 3		X 3			X 5			X 3		
	Set 2		X 3		X 5			X 5			X 3		
Uneven Push Ups	Set 1		X 5		X			X			X		Do 5-15 reps
	Set 2		X		X			X			X		

Secondary Circuit

	Week 1			Week 2			Week 3			Week 4			
	lbs/ Lv.			lbs/ Lv.			lbs/ Lv.			lbs/ Lv.			
KB Swings	lbs												Rest 15 s. between sets
	RL	10,12,15	X 2	12,15,20	X 2	12,15,20	X 3	12,15,20	X 1				Rest 1 min. between ladders

Max HR					
Recovery HR					

Feb. 2012  
 KB WOM  
 Workout B

Name: \_\_\_\_\_  
 Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_



Focus Circuit

Week 1                  Week 2                  Week 3                  Week 4  
 lbs/ Lv.    Reps   lbs/ Lv.    Reps   lbs/ Lv.    Reps   lbs/ Lv.    Reps

TGU

Set 1		X	3		X	3		X	3		X	3
Set 2		X	3		X	3		X	3		X	3

Switch arms each rep

Uni Deadlift

Set 1		X	5		X			X			X	
Set 2		X			X			X			X	

Do 5-10 reps

Wall Handstand

Set 1		X	10 s.		X			X			X	
Set 2		X			X			X			X	

Do 10 sec.- 2 min.

Pull Up

Set 1		X	3		X			X			X	
Set 2		X			X			X			X	

Do 3-10 reps

Secondary Circuit

Week 1                  Week 2                  Week 3                  Week 4  
 lbs/ Lv.                  lbs/ Lv.                  lbs/ Lv.                  lbs/ Lv.

Clean & Press

lbs												
RL	1,2,3	X	2	2,3,5	X	2	2,3,5	X	3	2,3,5	X	1

Do reps on each arm

Lactic Capacity

Week 1                  Week 2                  Week 3                  Week 4

Work Interval		2:00	X	3	2:00	X	3	2:00	X	3	2:10	X	3
Rest Interval		1:30		1:15		1:00		1:30					

Use KB Combo Countdown Drill

Max HR	
Recovery HR	
Level/ Power	




