



KC Workout B

Part I: TRX Balanced Lunge EMOM (Every Minute On The Minute) - 3 min

- Perform 5 reps of TRX Balanced Lunges per side resting the remainder of the minute
- Strive to get to Level III by the end of the month using the following progressions

	Level I	Level II	Level III
TRX Balanced Lunge	Grip Both Handles	Grip Both Cradles	Single Arm Cradle

Part II: 10-Minute Kettlebell Swing Test

- Use a moderate weight to begin with and follow the prescribed number of reps for each specific week
- See the 12-Week Kettlebell Swing Test Protocol in the resource section for more details
 - Week 1: 5/5
 - Week 2: 6/6
 - Week 3: 7/7
 - Week 4: 8/8

Part III: Your Specialization

Spend the remaining time working on your specialization or targeted body areas such as Arms, Shoulders, Abs, Calves or Triceps. Do 3-5 sets of one and have some fun with it.

Workout Notes:

- * Q2 is about adding lean muscle while reducing body fat or Body Re-Composition. The Kettlebell Swing is your absolute king of movements to do both. The Swing not only builds the glutes, rear shoulders and a phenomenal back, but it does so while burning 20-22 cal per minute. The ultimate in muscle building and fat loss.
- * Push-ups: The goal is to master the push-up. Once you can do 10 push-ups in the :50 work period, add the staggered 1-arm push-up.
- * Track your progress using the KC Performance Tracker found on the webpage.
- * Please post your post-workout report in the comment section