



Kettlebell Club
Q3: CHISEL

FASTFIT		JULY 2023		Kettlebell Club		
SUN	MON	TUE	WED	THU	FRI	SAT
						01
02	EXPRESS A UPPER BODY	03	EXPRESS B LOWER BODY	04	EXPRESS C	KCLUB
05	EXPRESS A UPPER BODY	06	EXPRESS B LOWER BODY	07	EXPRESS C	KCLUB
08	EXPRESS A UPPER BODY	09	EXPRESS B LOWER BODY	10	EXPRESS C	KCLUB
11	Abs 1	12	Abs 2	13	Abs 3	14

Training Split

MON: Upper Body Stack

A. Pull Stack

Min 1: Pull-ups

Min 2: TRX Rows

Min 3: DB Alternating Curls

B. Push Stack

Min 1: Dips

Min 2: Push-ups

Min 3: DB Skull Crushers

* Two Bonus Custom Interval Timers for Full 20-Minute Workout or 5 Minute EMOM

WED: Lower Body Stack

A. Glute/Ham Stack

Min 1: Hip Thrusts

Min 2: Deadlifts

Min 3: Kettlebell Swings

B. Quad/Leg Stack

Min 1: Box Squat Jumps

Min 2: Alternating Balanced Lunges or Alternating Pistol Squats

Min 3: Hip Walks

* Two Bonus Custom Interval Timers for Full 20-Minute Workout or 5 Minute EMOM