

		Week 1			Week 2			Week 3			Week 4			Week 5			Week 6			Week 7			Week 8		
Training	Oefening	Kg.	Reps	Sets																					
1	Kettlebell swing																								
	High pull																								
	<u>Clean</u>																								
	Rows																								
	Push ups																								
	Turkish get up																								
2	Goblet squat																								
	<u>Deadlift</u>																								
	Turkish get up																								
	Push ups																								
	Military press																								
	Kettlebell slingshot																								