		Week 1			Week 2			Week 3			Week 4			Week 5			Week 6			Week 7			Week 8		
Training	**Oefening**	Kg.	Reps	Sets	Kg.	Reps	Sets	Kg.	Reps	Sets	Kg.	Reps	Sets	Kg.	Reps	Sets	Kg.	Reps	Sets	Kg.	Reps	Sets	Kg.	Reps	Sets
1	Kettlebell Halo																								
	Kettlebell High Pull																								
	Kettlebell Thruster																								
	Goblet Squat																								
	Kettlebell Swing																								
	Kettlebell Lunge																								
	Kettlebell Push Up																								
	Kettlebell Military Press																								
2	Kettlebell Slingshot																								
	Kettlebell Deadlift																								
	Kettlebell Clean																								
	Kettlebell Row																								
	Kettlebell Good Morning																								
	Turkish Get Up																								
	Kettlebell Windmill																								
	Kettlebell Halo																								
3	Kettlebell Halo																								
	Kettlebell High Pull																								
	Kettlebell Thruster																								
	Goblet Squat																								
	Kettlebell Swing																								
	Kettlebell Lunge																								
	Kettlebell Push Up																								
	Kettlebell Military Press																								
4	Kettlebell Slingshot																								
	Kettlebell Deadlift																								
	Kettlebell Clean																								
	Kettlebell Row																								
	Kettlebell Good Morning																								
	Turkish Get Up																								
	Kettlebell Windmill																								
	Kettlebell Halo																								