



# 8 Week KB Program

Designed by Primal Performance

## Primal

# Warm Up

This is a general warm up that will get you ready for most anything. However, if you have a specific area that needs extra attention (i.e. returning from injury, rehabbing an injury or just chronically tight) our performance coaches would be happy to help you out and design something extra for you.

# 1

## TO GET THE BLOOD MOVING

- 500m row or 3min run at 5% incline

# 2

## DYNAMIC MOVEMENTS

- 20m side shuffle (each side)
- 20x (each) high knees, butt kicks, leg swings each leg, hops

# 3

## MUSCLE ACTIVATION AND RANGE MOVEMENT

2 rounds of:

- 15 squats (hands on heads)
- 10 push-ups (2 seconds down 2 seconds up)
- 10 TRX rows
- 30s side plank (each side)
- 30s static hang from bar

# Important

Make sure to email [trainprimal@primalperformance.ca](mailto:trainprimal@primalperformance.ca) about major questions you have with the program. Refer to the Primal Performance exercise library on YouTube for videos of each movement. Never sacrifice form for more weight or more speed. That will come with time. We have always liked the motto "Slow is Smooth, Smooth is Fast"

## Pressing Sequence:

Work up to 3rm strict press. When you fail, work up to 3rm push press. When you fail, work up to 3rm split jerk. Should be around 3-5 sets for each. I typically go straight from the strict to the push then drop down a few lbs before going to the split jerk

# KB Program

## Week 1

Notes: For strength lifts, make sure you add 5lbs for upper body and 10lbs for lower body each week. Oly lifts lasting 2-3 sets should be at a desired %. Rest b/w strength/oly sets should be 2-4 mins. Saturday can be a makeup day if you missed a workout or you can do the comp class.

	TYPE	STRENGTH	CONDITIONING / ACCESSORY	MIDLINE/MOBILITY
Monday	Strength	4 Rounds: - 10 Push-ups (place hand on the bell, not the handle) - 10 Goblet squat - 10 Double arm row - 20 Half kneeling halos - (1min rest b/w each round)	5 Rounds (30s on, 15s off): - KB swing - Jump lunges - KB high pulls - Front plank	3x60s Plank w/ 45lb
Tuesday		Sport Practice/ Class/ Outdoor Training		Mobility choice
Wednesday	Strength	4 Rounds: - 10 Split KB press (per arm) - 10 Double KB deadlift - 10 Alternating floor press - 60s Farmer walk - (1min rest b/w each round)	3 Rounds of 60s of each (running clock): - Push press - Box jumps - Alternating single arm KB swing - KB taters - (rest)	Accumulate 3min of Hollow hold
Thursday		Sport Practice/ Class/ Outdoor Training		Mobility choice
Friday	Strength	2 Rounds: - 10 TGU (alternating) - 20 Double KB swings - 30m Bear crawl w/ KB		
Weekend	Rest			