

# Total Body Training

Week 1 (Super Sets)				Week 3 (Super Sets)			
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight
A – Push ups	3 x 10			A – Push ups	4 x 10		
A1 - Lat Pull down machine	3 x 10	60 sec.		A1 - Lat Pull down machine	4 x 10	60 sec.	
B - kettlebell Squats	3 x 10			B - kettlebell Squats	4 x 10		
B1 - Kettlebell Lunges (close stance)	3 x 10	60 sec.		B1 - Kettlebell Lunges (close stance)	4 x 10	60 sec.	
C – Sandbag overhead press	3 x 10			C – Sandbag overhead press	4 x 10		
C2 - Burpees	3 x 10	60 sec.		C2 - Burpees	4 x 10	60 sec.	
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight
A – Sandbag overhead press	3 x 15			A – Sandbag overhead press	4 x 15		
A1 - DB/Kettlebell Upright Rows	3 x 15	60 sec.		A1 - DB/Kettlebell Upright Rows	4 x 15	60 sec.	
B - Kettlebell Squats	3 x 15			B - Kettlebell Squats	4 x 15		
B1 - Push Ups	3 x 15	60 sec.		B1 - Push Ups	4 x 15	60 sec.	
C - Explosive jumps	3 x 15			C - Explosive jumps	4 x 15		
C1 - DB Lateral Raises	3 x 15	60 sec.		C1 - DB Lateral Raises	4 x 15	60 sec.	
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight
A – Push ups	2 x 20			A – Push ups	3 x 20		
A1 - Lat Pull down machine	2 x 20	120 sec.		A1 - Lat Pull down machine	3 x 20	120 sec.	
B - kettlebell Squats	2 x 20			B - kettlebell Squats	3 x 20		
B1 - Kettlebell Lunges (close stance)	2 x 20	120 sec.		B1 - Kettlebell Lunges (close stance)	3 x 20	120 sec.	
C – Sandbag overhead press	2 x 20			C – Sandbag overhead press	3 x 20		
C2 - Burpees	2 x 20	120 sec.		C2 - Burpees	3 x 20	120 sec.	
Week 2 (Super Sets)				Week 4 (Super Sets)			
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight
A – Push ups	3 x 10			A – Push ups	4 x 10		
A1 - Lat Pull down machine	3 x 10	60 sec.		A1 - Lat Pull down machine	4 x 10	60 sec.	
B - kettlebell Squats	3 x 10			B - kettlebell Squats	4 x 10		
B1 - Kettlebell Lunges (close stance)	3 x 10	60 sec.		B1 - Kettlebell Lunges (close stance)	4 x 10	60 sec.	
C – Sandbag overhead press	3 x 10			C – Sandbag overhead press	4 x 10		
C2 - Burpees	3 x 10	60 sec.		C2 - Burpees	4 x 10	60 sec.	
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight
A – Sandbag overhead press	3 x 15			A – Sandbag overhead press	4 x 15		
A1 - DB/Kettlebell Upright Rows	3 x 15	60 sec.		A1 - DB/Kettlebell Upright Rows	4 x 15	60 sec.	
B - Kettlebell Squats	3 x 15			B - Kettlebell Squats	4 x 15		
B1 - Push Ups	3 x 15	60 sec.		B1 - Push Ups	4 x 15	60 sec.	
C - Explosive jumps	3 x 15			C - Explosive jumps	4 x 15		
C1 - DB Lateral Raises	3 x 15	60 sec.		C1 - DB Lateral Raises	4 x 15	60 sec.	
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight
A – Push ups	2 x 20			A – Push ups	3 x 20		
A1 - Lat Pull down machine	2 x 20	120 sec.		A1 - Lat Pull down machine	3 x 20	120 sec.	
B - kettlebell Squats	2 x 20			B - kettlebell Squats	3 x 20		
B1 - Kettlebell Lunges (close stance)	2 x 20	120 sec.		B1 - Kettlebell Lunges (close stance)	3 x 20	120 sec.	
C – Sandbag overhead press	2 x 20			C – Sandbag overhead press	3 x 20		
C2 - Burpees	2 x 20	120 sec.		C2 - Burpees	3 x 20	120 sec.	