

> 4,800 Swing Challenge (Foundation) 2 Days On, 1 Day Off / (AMRAN= As Much Rest As Needed)

DAY ONE	SESSION ONE	SESSION TWO	SESSION THREE	SESSION FOUR	SESSION FIVE
PRE-TRAINING MOBILITY WORK					
START TIMER A1. KB SWING 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
A2. T-BLACKBURNS 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
REST 2-3 MINUTES					
B1. KB SWING 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
B2. PUSH UPS 4 x 10+ (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
REST 2-3 MINUTES					
C1. KB SWING 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
C2. T-BLACKBURNS 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
REST 2-3 MINUTES					
D1. KB SWING 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
D2. PUSH UPS 4 x 10+ (AMRAN) END TIMER	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
	TIME:	TIME:	TIME:	TIME:	TIME:
POST-TRAINING MOBILITY WORK					

> 4,800 Swing Challenge (Foundation) 2 Days On, 1 Day Off / (AMRAN= As Much Rest As Needed)

DAY ONE	SESSION SIX	SESSION SEVEN	SESSION EIGHT	SESSION NINE	SESSION TEN
PRE-TRAINING MOBILITY WORK					
START TIMER A1. KB SWING 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
A2. T-BLACKBURNS 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
REST 2-3 MINUTES					
B1. KB SWING 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
B2. PUSH UPS 4 x 10+ (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
REST 2-3 MINUTES					
C1. KB SWING 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
C2. T-BLACKBURNS 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
REST 2-3 MINUTES					
D1. KB SWING 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
D2. PUSH UPS 4 x 10+ (AMRAN) END TIMER	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
	TIME:	TIME:	TIME:	TIME:	TIME:
POST-TRAINING MOBILITY WORK					

> 4,800 Swing Challenge (Foundation) 2 Days On, 1 Day Off / (AMRAN= As Much Rest As Needed)

DAY TWO	SESSION ONE	SESSION TWO	SESSION THREE	SESSION FOUR	SESSION FIVE
PRE-TRAINING MOBILITY WORK					
START TIMER A1. KB SWING 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
A2. GOBLET SQUAT 4 x 10 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
REST 2-3 MINUTES					
B1. KB SWING 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
B2. V-SITS 4 x 5+ (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
REST 2-3 MINUTES					
C1. KB SWING 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
C2. GOBLET SQUAT 4 x 10 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
REST 2-3 MINUTES					
D1. KB SWING 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
D2. V-SITS 4 x 5+ (AMRAN) END TIMER	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
	TIME:	TIME:	TIME:	TIME:	TIME:
POST-TRAINING MOBILITY WORK					

> 4,800 Swing Challenge (Foundation) 2 Days On, 1 Day Off / (AMRAN= As Much Rest As Needed)

DAY TWO	SESSION SIX	SESSION SEVEN	SESSION EIGHT	SESSION NINE	SESSION TEN
PRE-TRAINING MOBILITY WORK					
START TIMER A1. KB SWING 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
A2. GOBLET SQUAT 4 x 10 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
REST 2-3 MINUTES					
B1. KB SWING 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
B2. V-SITS 4 x 5+ (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
REST 2-3 MINUTES					
C1. KB SWING 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
C2. GOBLET SQUAT 4 x 10 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
REST 2-3 MINUTES					
D1. KB SWING 4 x 15 (AMRAN)	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
D2. V-SITS 4 x 5+ (AMRAN) END TIMER	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:	SET 1: SET 2: SET 3: SET 4:
	TIME:	TIME:	TIME:	TIME:	TIME:
POST-TRAINING MOBILITY WORK					