

STKB Strength Endurance Complexes

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Original Start Date 10/ 2020

FOCUS

COMPLEXES
Body Recomp
Strength Endurance

MOBILITY EXERCISES

SYNOVIAL SUPPORT
[Follow Video](#)

OPTIONAL [Stick Mobility](#) 5 minutes

Click Underlined exercises or phrase for video....

TYPE OF COMPLEX

MAIN KETTLEBELL COMPLEX

REST is always as needed
if not timed sets. I prefer to use HR
and start when around 60t o 65% max

FINISHERS

LINKS/ DISCOUNTS / NOTES

Get Flexible with Stick Mobility
10% off order

code "kblocker10"

WHOOP : Follow Strain Recomm
very helpful with HRV and Sleep monitor

[Click here to get 1 month free](#)

RP Strength 10% Discount
on Nutritional Templates or APP

code "swing"

Need HEAVIER Cast Iron Bells ?
10% off Great Lakes Giryra (Canada)

code " kblocker"

Heavier Competition KBells
Kettlebell Kings 10% discount

code "kblocker10"

Workout A

STATUS

SHOULDER CAR's

**LOWER
DAY 1**

SANDWICH STYLE

30 minutes E2MOM (begin every 2nd min)

UNILATERAL HIP SANDWICH 1

2 Single Arm Deadlifts e/s

2 clean and Push Press e/s

2 single arm deadlifts e/s

50 Hand to hand medium KB Swings

**COOLDOWN
STRETCH
FOAM ROLL**

Workout B

STATUS

HIP MOBILITY 5 min

**UPPER
DAY 2**

Ladder Drop

"Firebreather Complex" x 1 circuit

7 Deadstop or Park Swings

7 Russian Swings

6 Two hand cleans Right

6 Two hand cleans left

5 One arm swings R

5 One arm swings L

4 Single Arm deadlifts R

4 Single Arm Deadlifts L

3 HighPulls from between heels

3 High Pulls from backswing

Medium to
Heavy Bell

rest as needed

Inverse ladder 10-1

Pushups 10 to Double Snatch 1

next round PU 9/ Dbl Snatch 2

finish at 1 PU and 10 Dbl Snatch

rest
as
needed
between
sets

PRONE DEEP BREATHING

COOLDOWN 5 min

Workout C

STATUS

SHOULDER CAR's

Stability/Control / Accessories

DAY 3

E2MOM

24 minutes

GRIP AND TORSO BURNER

30 sec Farmers Hold or Carry 2 Bells
8 Somersault Squats
8 KB Swings

EMOM x 10 min

**20 second supine bicycles or alt hip ext / flex super set with
5 Heavy Bell Sumo Deadlifts**

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www.KBMUSCLE.com/shop

PRONE DEEP BREATHING
COOLDOWN 5 min