

Here are five workouts to help you get 2012 kicked off right.

These workouts were originally designed as a week's worth of programming for members of the [FVT Coaching Club](#) ... point being you could use this routine for a period of four to six weeks, doing one workout each day, five days per week.

I hope this program helps you reach your fitness goals in 2012 -

Forest

Conditioning Workout 1

Warm – up:

Body Weight Squats
Planks
Push Ups

Do each exercise for :30 seconds and get as many reps as you can, go immediately to the next, and repeat this two times.

Triplet 1:

20 KB Swings
15 Split Squats ea leg
10 Push Presses

Triplet 2:

Run ¼ mile
25 Body Weight Squats
20 Mountain Climbers
Repeat each triplet three times with as little rest as possible between exercises and sets.

Great how-to video on the Push Press:
<http://www.youtube.com/watch?v=h6oQLMcTGTo>

More workouts like this one: NoGymNoExcuse.com

Conditioning Workout 2

Warm-up: Practice the Kettlebell Swing

Check out this YouTube video for a quick refresher:

<http://www.youtube.com/watch?v=-3AM0w4bN7c>

Circuit 1:

15 Bent Over Kettlebell Rows

12 Split Squats

Circuit 2:

20 KB Swings

15 Wall Balls

Triplet 'finisher':

20 Push Ups

30 Body Weight Squats

Run ¼ mile

Repeat each circuit/ triplet 3 times.

The Kettlebell Row: <http://kettlebellbasics.net/2010/03/02/236/>

The Wall Ball: <http://www.youtube.com/watch?v=TC2FmcPH64o>

Further instruction on the kettlebell swing: KettlebellSwingsForFatLoss.net

Max Strength Workout

Warm – up:

Body Weight Squats

Planks

Push Ups

Do each exercise for :30 seconds and get as many reps as you can, go immediately to the next, and repeat this two times.

5 sets of 5 reps each:

Barbell Back Squat

Barbell Bench Press

Barbell Deadlift

Take as much rest as you need. The goal for this workout is to lift *heavy*, so get after it!!

Need to improve your form on these lifts? Check out Starting Strength:
<http://startingstrength.com/>

'Brick' Workout

Warm - up:

Work on running form -

Basic article on running form:

<http://www.runnersworld.com/article/0,7120,s6-238-267-268-8210-0,00.html>

Bike – 20 minutes @ 80% maximum heart rate

Immediately followed by:

Run – 15 minutes @ 80% maximum heart rate

This workout can be done outside or inside on a treadmill and stationary bike – if you've never done the bike to run transition, you're in for a treat! :)

Giant Circuit Workout

Warm - up:

Body Weight Squats

Planks

Push Ups

Do each exercise for :30 seconds and get as many reps as you can, go immediately to the next, and repeat this two times.

25 Pull Ups or Body Rows

25 KB Swings

25 Push Ups

25 Squat Jumps

25 Sit Ups

25 Burpees

Repeat 1-2 times as fast as possible – 1 time for beginners, 2 times for advanced trainees.

Find lots more body weight/kettlebell circuits like these on my blog at KettlebellBasics.net

Additional Resources:

Additional programs + products from Forest Vance, MS, CPT, RKC II:

[The Kettlebell Basics Premium Workout Series](#)

Advanced kettlebell workouts, fat loss meal planning and much more

[No Gym? No Excuse! Dumbbell Complexes For Fat Loss](#)

Discover the secret fat loss powers of the dumbbell complex

[PreHab Revolution](#)

Attack chronic pain, build a rock-solid core, and bounce back from the challenges life throws at you