

K-Basic

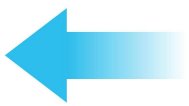
**Designed as prepare your core for
more intense programs**

12 week
Functional Fitness
Program



Why K-Basic?

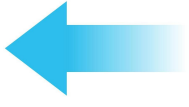
KemmeFitness.com provides hundreds of workouts. For ease of use, I had created [K-Fit](#), a 12 week program to get you started. However, there are those of us who haven't worked out in a while or are overweight. **K-Basic** was created to strengthen your core and prepare you for more intense programs.





The K-Basic Schedule

K-Basic has both a 3-day and then later a 4-day a week workout schedule. You can choose what days you exercise. However, because Kemme Fitness workouts are intense, you should not exercise more than 3 days in a row. In other words, make sure you have a rest day or two somewhere in the middle of your workout week. Below are some sample schedules for the 4-days a week.



Mon exercise
Tues exercise
Wed rest
Thu exercise
Fri exercise
Sat rest
Sun rest


Mon rest
Tue exercise
Wed rest
Thu exercise
Fri rest
Sat exercise
Sun exercise

Mon exercise
Tues exercise
Wed exercise
Thu rest
Fri exercise
Sat rest
Sun rest



Required Equipment

Physioballs (AKA Swiss ball, stability ball) can be bought on sale. They are fitted for height by sitting on the ball with your feet on the floor and having your thighs parallel to the ground.



Unlike other 12 week programs at [Kemme Fitness](#), **K-Basic** only uses your body-weight and a Physioball.



Decoding The Workouts

Circuits—you will complete all of a circuit before moving onto the next circuit if there are more than one (some workouts have 3 or 4 circuits). The bottom of the circuit will tell you the number of rounds for that circuit. Some will say **X2** or **X3**, meaning you do the circuit a total of 2 or 3 times respectively before moving onto the following circuit.

Repetitions—These are usually listed in front of each exercise. Do all the repetitions of that exercise before moving down the list to the next exercise. Some circuits have the repetitions listed at the top for the exercises in the circuit. For example, you may see **21, 15, 9 reps** or a combination similar to that. In that example you have to do all the exercises in the circuit 21 times before starting over and doing them all 15 times. After completing them 15 times, start over again and do 9 reps of each exercise.

Each Side—means that you have to do the prescribed number of repetitions for both sides of your body. For example, you may see **10—each side—Uneven Push-ups**. In that example, you will have to do 10 Uneven Push-ups with your left hand elevated, followed by 10 more Push-ups with your right hand elevated.

Exercises—Most of the exercises will have hyperlinks to video demonstrations in order for you to understand proper form. It may take a while to get over the learning curve, as there will be a great number of new and exciting exercises you have never done before.

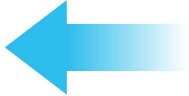



What To Do After The 12 Weeks

You could always repeat **K-Basic**, but personally I would be bored. If you also have a kettlebell, a medicine ball, and a pull-up bar, you can advance to [K-Fit](#), and then move onto [K-Challenge](#).

I am confident that when you are done with this 12 week program, you will also be ready to pick and choose some of the pre-made beginner workouts off of [KemeFitness.com](#).

Simply go to the [Beginner](#) workout page and sift through some of the workouts listed. A select few workouts will require little or no equipment such as in **K-Basic**, while other workouts will require some homemade or gym equipment.



Weeks 1 & 2



K-Basic



Workout #1

CIRCUIT #1

10 Ankle Jumps

10 – each side – Brazilian Crunch

2 Push-ups

Break

10 – each side – Ice Skaters

10 Air Squats

10 Leg Raises

2 Push-ups

Break

10 Physioball Leg Curls

10 Slaloms

10 Scissor Kicks

2 Push-ups

Break

10 – each side – Side Lunges

10 – each side – Physioball Russian Twists (no weight in your hands)

10 Tuck Jumps

2 Push-ups

X1 (meaning you only do this 1 time through and you are done)

Weeks 1 & 2



K-Basic



Workout #2

CIRCUIT #1

10 – each side – Physioball Russian Twists

20 – each side – Ice Skaters

X1 (only 1 time through circuit)

CIRCUIT #2

20 Seconds of a Wall Sit

20 Seconds Physioball Leg Bridge

5 Push-ups

X3 (repeat 2 more times for a total of 3 rounds)

CIRCUIT #3

20 seconds of each of the following:

Side Bridge (left side)

V-Sit

Side Bridge (right side)

X2 (repeat for a total of 2 rounds)

CIRCUIT #4

5 – each side – Physioball Knee Tucks

10 Ankle Jumps

5 – each side – Physioball Lateral Roll

10 Scissor Kicks

X1

Weeks 1 & 2



K-Basic



Workout #3

CIRCUIT #1

10 – each side – Physioball Russian Twists

10 – each side – Lunge Twists

10 – each side – Lateral Bound

3 Push-ups

Break

10 Physioball Knee Tucks

10 Ankle Jumps

10 Row Boats

3 Push-ups

Break

10 Quad Squats

10 – each side – Brazilian Crunch

10 – each side – Physioball Lateral Roll

3 Push-ups

X2 (meaning you repeat the circuit for a total of 2 rounds)

Weeks 3 & 4



K-Basic



Workout #1

CIRCUIT #1

Do 10 Physioball Russian Twists after each of the following exercises:

10 Air Squats (then do the PB Russian Twists)

10 Lateral Bounds

20 Ice Skaters

5 Push-ups

X1

CIRCUIT #2

Do 10 – each side – V-Sit Twists after each of the following exercises:

10 – each side – Lunge Walk

20 Slaloms

10 Air Squats

20 Leg Raises

X1

CIRCUIT #3

Do 2 Push-ups after each of the following exercises:

5 Quad Squats

10 Row Boats

10 Air Squats

20 Stutter Steps

X1

Weeks 3 & 4



K-Basic



Workout #2

CIRCUIT #1

21, 15, 9 (21 repetitions of each exercise, then do 15 of each, then 9 reps)

Physioball Knee Tucks

V-Sit Twists

Tuck Jumps

CIRCUIT #2

10 seconds of each of the following:

Wall Sit

Physioball Lateral Roll

Side Bridge (left side)

Physioball Russian Twist

Side Bridge (right side)

V-Sit

Front Bridge

Physioball Leg Bridge

X2

CIRCUIT #3

2 Push-ups

4 Squat Jumps

8 Ankle Jumps

16 Air Squats

X2 (or more)

Weeks 3 & 4



K-Basic



Workout #3

CIRCUIT #1

20 – each side – Physioball Russian Twist

20 – each side – Physioball Lateral Roll

5 Push-ups

X2

CIRCUIT #2

Place markers 20 yards apart. Start at 1 marker and do a Lunge Walk to the other marker and Bear Walk back. Then do an exercise. Repeat until you have done all the exercises below:

20 Ice Skaters

20 Leg Raises

20 Slalom

20 Stutter Steps

20 Mountain Climbers

20 Tuck Jumps

20 Ankle Jumps

20 Air Squats

20 V-Sit Twists

20 Scissor Kicks

X1

Weeks 5 & 6



K-Basic



Workout #1

CIRCUIT #1

4 – each side – Physioball Lateral Roll
20 seconds Physioball Balance
4 – each side - Physioball Knee Tuck
20 seconds Physioball Balance
4 – each side – Brazilian Crunch
20 seconds Physioball Balance
X1

CIRCUIT #2

30 seconds each station
Air Squats
Wall Sit
Leg Raises
Physioball Bridge
X2

CIRCUIT #3

10 reps, 8 reps, 6 reps, 4 reps
Ankle Jumps
Quad Squats
Lunge Twists

Weeks 5 & 6



K-Basic



Workout #2

CIRCUIT #1

50 Mountain Climbers
50 Ice Skaters
50 Ankle Jumps
50 Physioball Leg Curls
40 Mountain Climbers
40 Ice Skaters
40 Ankle Jumps
40 Physioball Leg Curls
30 Mountain Climbers
30 Ice Skaters
30 Ankle Jumps
30 Physioball Leg Curls
20 Mountain Climbers
20 Ice Skaters
20 Ankle Jumps
20 Physioball Leg Curls
10 Mountain Climbers
10 Ice Skaters
10 Ankle Jumps
10 Physioball Leg Curls
X1

Weeks 5 & 6



K-Basic



Workout #3

CIRCUIT #1

Put Physioball on the other side of the room. Run from one side of the room (without the ball) to the other side (with the ball) in between each exercise.

- 10 – each side – Brazilian Crunch
- 5 Physioball Leg Curls
- 20 seconds Front Bridge
- 5 – each side – Physioball Russian Twist
- 20 Leg Raises
- 5 Physioball Leg Curls
- 10 Quad Squats
- 5 – each side – Physioball Russian Twist
- 5 Burpees
- 5 Physioball Leg Curls
- 20 Scissor Kicks
- 5 – each side – Physioball Russian Twist
- 10 – each side – V-Sit Twists
- 5 Physioball Leg Curls
- 5 Push-ups
- 5 – each side – Physioball Russian Twist
- 10 – each side – Brazilian Crunch
- 5 Physioball Leg Curls
- X1

Weeks 5 & 6



K-Basic



Workout #4

CIRCUIT #1

- Do 20 seconds of each of the following with 5 seconds rest in between.
- After doing all 7 exercises, take as long of a break as you need.
- When you start the following round, begin with a different exercise, so that you start with a new one each time for a total of 7 rounds.

Ex: round 1 starts with Ankle Jumps and ends with Russian Twists, while round 2 begins with Mountain Climbers and ends with Ankle Jumps, round 3 begins with Physioball Bridge and ends with Mountain Climbers, etc.

Ankle Jumps

Mountain Climbers

Physioball Bridge

Slalom

Physioball Lateral Roll

Scissor Kicks

Physioball Russian Twists

Weeks 7 & 8



K-Basic



Workout #1

CIRCUIT #1

30 seconds each exercise

Wall Sit

Side Bridge (left)

Physioball Leg Bridge

Front Bridge

Side Bridge (right)

X1

CIRCUIT #2

20 seconds each exercise

Bear Walk

Crab Walk

Frog Jumps

Tarantula Walk

X1

CIRCUIT #3

30 seconds each exercise

Stutter Steps

Ankle Jumps

Mountain Climbers

Slalom

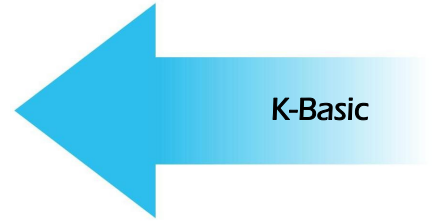
Scissor Kicks

Air Squats

Leg Raises

X2

Weeks 7 & 8



Workout #2

CIRCUIT #1

40 seconds Physioball Bridge

20 Air Squats

5 Push-ups

X3

CIRCUIT #2

10 Mountain Climbers

10 Ice Skaters

10 Lunge Walk

X6

CIRCUIT #3

16 V-Sit Twists

8 Brazilian Crunch

4 Spiderman Push-ups

X2

Weeks 7 & 8



K-Basic



Workout #3

CIRCUIT #1

30 Leg Raises

20 Ankle Jumps

5 Push-ups

Break

20 – each side – Side Lunges

30 Scissor Kicks

5 Push-ups

Break

15 Tuck Jumps

10 – each side – Physioball Russian Twists

5 Push-ups

Break

30 Air Squats

10 – each side – Brazilian Crunches

5 Push-ups

Break

20 Physioball Knee Tucks

20 Physioball Leg Curls

5 Push-ups

Break

20 Slaloms

20 – each side – Side Lunges

5 Push-ups

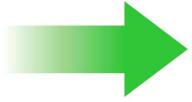
Break

X1

Weeks 7 & 8



K-Basic



Workout #4

CIRCUIT #1

20, 10, then 5 reps

V-Sit Twists

Physioball Russian Twists

Mountain Climbers

CIRCUIT #2

10 Physioball Lateral Roll

10 Push-ups

10 Physioball Leg Curls

9 Push-ups

10 Physioball Knee Tucks

8 Push-ups

10 Physioball Lateral Roll

7 Push-ups

10 Physioball Leg Curls

6 Push-ups

10 Physioball Knee Tucks

5 Push-ups

10 Physioball Lateral Roll

4 Push-ups

10 Physioball Leg Curls

3 Push-ups

10 Physioball Knee Tucks

2 Push-ups

X1

Weeks 9 & 10



K-Basic



Workout #1

CIRCUIT #1

21, 15, 9 reps

Physioball Russian Twists

Physioball Mountain Climbers

Physioball Lateral Rolls

Brazilian Crunch

CIRCUIT #2

Do 10 Siamese Squats after each of the following exercises:

5 – each side – Crab Crunch

30 seconds Physioball Balance

10 – each side – Split Squat Jumps

10 – each side – Side Lunges

5 Donkey Kicks

20 Leg Raises

20 Physioball Leg Curls

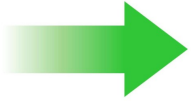
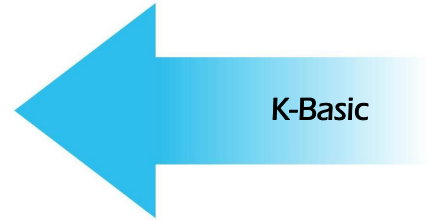
5 Physioball Knee Tucks

30 seconds Front Bridge

20 Ankle Jumps

X1

Weeks 9 & 10



Workout #2

CIRCUIT #1

30 seconds each

Front Bridge

Wall Sit

Side Bridge (left)

Scissor Kicks

Break

Physioball Leg Bridge

Side Bridge (right)

Physioball Balance

Slalom

Break

Nose to Ground

Front Bridge

Physioball Balance

Ice Skaters

X6

Weeks 9 & 10



K-Basic



Workout #3

CIRCUIT #1

Get a deck of playing cards, shuffle them, and place them face down. Draw 1 card at a time and do the repetitions indicated (face cards are 10 reps, aces are 11).

Diamonds = Brazilian Crunch

Hearts = Air Squats

Clubs = Lunge Walk

Spades = Mountain Climbers

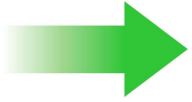
Jokers = 10 Burpees

For example: you draw an 8 of spades, you are doing 8 Mountain Climbers. A king of hearts, means you are doing 10 Air Squats.

Weeks 9 & 10



K-Basic



Workout #4

CIRCUIT #1

2 Push-ups

4 Sprawls

6 Crab Crunches

8 Frog Jumps

10 Physioball Russian Twists

12 Siamese Squats

14 Scissor Kicks

16 Slaloms

18 Side Lunges

20 Rowboats

22 Ice Skaters

24 Leg Raises

26 Physioball Leg Curls

28 Ankle Jumps

30 Air Squats

Repeat in reverse order by doing 30 Air Squats first, then 28 Ankle Jumps, etc.

Weeks 11 & 12



K-Basic



Workout #1

CIRCUIT #1

40 seconds Physioball Balance after each of the following exercises:

10 Physioball Mountain Climbers

10 Donkey Kicks

20 Air Squats

20 Leg Raises

20 Quad Squats

X4

CIRCUIT #2

2 Burpees

4 Push-ups

8 Tuck Jumps

16 Physioball Lateral Rolls

X2

Weeks 11 & 12



K-Basic



Workout #2

Air Squats – 20
Burpees – 5
Cossack Squats – 10
Donkey Kick – 5
Frog Jumps – 10
Hindu Push-ups – 5
Ice Skaters – 20 each side
Knee Tuck (Physioball) – 10
Leg Curl (Physioball) – 20
Mountain Climbers – 20
Nose to Ground – 20 seconds
One Leg Sit-up (Physioball) – 5 each side
Pike Push-ups – 10
Quad Squats – 10
Russian Twists (Physioball) – 10
Siamese Squats – 20
Tarantula Walk – 30 seconds
Uneven Push-up – 5 each side
V-Sit Twists – 10 each side
Wall Sit – 30 seconds
X number of Burpees (you choose)
Zero/Done/no more exercises
X1

Weeks 11 & 12



K-Basic



Workout #3

CIRCUIT #1

Do 10 Brazilian Crunches after each of the following exercises:

20 Siamese Squats

10 – each side – Split Squat Jumps

20 Row Boats

30 seconds Physioball Balance

X1

CIRCUIT #2

Do 10 V-Sit Twists after each of the following:

30 seconds Stutter Steps

20 – each side – Side Lunge

10 – each side – Crab Crunch

10 – each side – Physioball Russian Twists

X1

CIRCUIT #3

Do 5 Push-ups after each of the following:

10 Sprawls

20 – each side – Slaloms

10 – each side – Lunge Twists

20 Leg Raises

X1

CIRCUIT #1

Do 10 Scissor Kicks after each of the following:

10 Squat Jumps

10 Quad Squats

30 seconds Front Bridge

10 Physioball Knee Tucks

X1

Weeks 11 & 12



K-Basic



Workout #4

CIRCUIT #1

-Write down all the exercises listed on separate scraps of paper and place them in a hat.

-Draw an exercise, then perform it

-Replace the piece of paper back in the hat

-Keep drawing until you complete a 40 minute workout

10 – each side – Crab Crunch

20 Physioball Leg Curls

10 Physioball Knee Tucks

30 seconds Physioball Balance

30 seconds Physioball Leg Bridge

30 seconds Front Bridge

30 seconds Side Bridge (left)

30 seconds Side Bridge (right)

10 Sprawls

10 Physioball Mountain Climbers

20 Mountain Climbers

20 seconds Bear Walk

20 seconds Crab Walk

20 seconds Gorilla Walk

10 Frog Jumps

30 seconds V-Sit

10 – each side – V-Sit Twist

30 seconds Stutter Step

10 Slaloms

20 Ankle Jumps

10 Siamese Squats

20 Rowboats

10 – each side – Lunge Walk

10 – each side – Lunge Twist

20 Ice Skaters

10 – each side – Brazilian Crunch