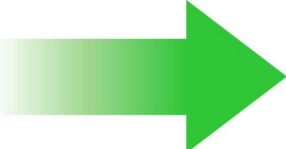


# **K-Element**

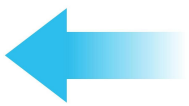
**Exercise in your element**

12 week  
Functional Fitness  
Program  
for your home



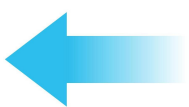
## Why K-Element?

[KemmeFitness.com](http://KemmeFitness.com) provides hundreds of workouts. For ease of use, I had created [K-Fit](#), a 12 week program to get you started. [K-Challenge](#) was created for more advanced Kemme Fitness users. **K-Element** is our third 12 week program and was designed to be utilized at your home with little cost investment in equipment.



## The K-Element Schedule

**K-Element** has a 4-day a week workout schedule. You can choose what 4 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:



**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

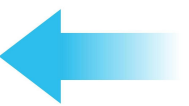
**Sat** rest

**Sun** rest



## Required Equipment

**Slosh Tube** (AKA Slosh Pipe) can be built for as little as \$15. You won't be able to buy one, so download the free ebook, [The Low Cost Gym](#) for instructions.



**Clubbells** are incredibly expensive to buy, but extremely cheap to build. Again, check out [The Low Cost Gym](#) for directions.

A **Pull-up bar** can be easily made by installing a metal pipe in the rafters. You can always buy a portable bar for a doorway, however, those cost more.

**Medicine Balls** go on sale a lot. I would suggest one anywhere from 6 pounds up to 20 pounds. [The Low Cost Gym](#) has directions for a do-it-yourself version as well.

If you have a copy of **K-Element** with no hyperlinks, go to [kemmefitness.com](http://kemmefitness.com) for the free resources.



## 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.

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## What To Do After The 12 Weeks

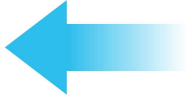

You could always repeat **K-Element**, but personally I would be bored. If you have a kettlebell and physioball, you can try [K-Challenge](#).

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

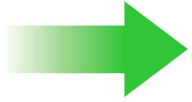
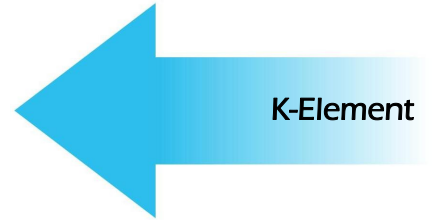
[Kemme Fitness](#) has literally hundreds of workouts for you. After you are able to complete **K-Element** you are ready for the rest of the workouts located in either the [At-Home](#) or the [At-The-Gym](#) workout pages.

If you have a gym membership, you will see that we have tons of workouts (more being added all the time) for you to do [At-The-Gym](#).

If you want to workout at home, then you will find plenty of [At-Home](#) workouts to keep you interested for many years to come.



# Weeks 1 & 2

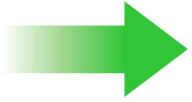
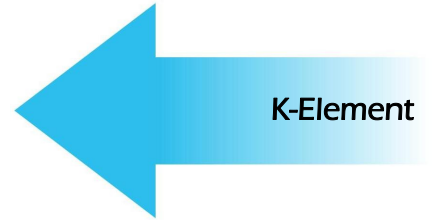


## Workout #1

### CIRCUIT #1

- 10 Air Squats
  - 10 Slosh Tube Front Paddling
  - 10—each side—Clubbell Swipes
  - 10 Air Squats
  - 10 Slosh Tube Back Paddling
  - 10 Sprawls
  - 10 Air Squats
  - 10 Mountain Climbers
  - 10 Medicine Ball Sliders
  - 10 Squat Jumps
  - 10 Slosh Tube Presses
  - 10 Slosh Tube Front Paddling
  - 10—each side—Grasshopper Push-ups
  - 10 Slosh Tube Back Paddling
  - 10 Leg Raises
- X2

# Weeks 1 & 2



## Workout #2

### CIRCUIT #1

5 Slosh Tube Presses

5 Pull-ups

5—each side—Clubbell Alternating Shield Casts

15 Quad Squats

5—each side—Slosh Tube Twirl

15 Pike Push-ups

15 Slosh Tube Bench Press Throws

30 second Stutter Steps

5—each side—Slosh Tube Front Paddling

15—each side—Superman Push-ups

5—each side—Slosh Tube Twirl

15 Tuck Jumps

5 Slosh Tube Presses

15—each side—Medicine Ball V-sit Twists

10—each side—Clubbell Alternating Shield Casts

5 Frog Jumps

5—each side—Slosh Tube Twirl

5 Pull-ups

5 Slosh Tube Presses

50 Air Squats

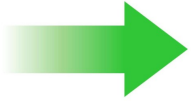
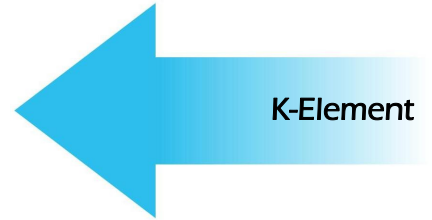
5—each side—Slosh Tube Front Paddling

50 Leg Raises

5—each side—Slosh Tube Twirl

X1

# Weeks 1 & 2



## Workout #3

### CIRCUIT #1

run 1/10th mile before each of the following exercises for a total of 1 mile

- 10 Medicine Ball Slams
  - 10—each side—Medicine Ball V-sit Twists
  - 5 Pull-ups
  - 10 Medicine Ball Slams
  - 10—each side—Spiderman Push-ups
  - 20 Medicine Ball Thrusters
  - 10 Medicine Ball Slams
  - 10—each side—Medicine Ball V-sit Twists
  - 50 Air Squats
  - 10 Medicine Ball Slams
- X1

### CIRCUIT #2

- 2 Burpees
  - 4 Lunge Walk
  - 8 Push-ups
  - 16 Squat Jumps
  - 32 Leg Raises
- X2

# Weeks 1 & 2



K-Element



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## Workout #4

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### CIRCUIT #1

10—each side—Clubbell Inside Pendulum Swings

25 Push-ups

X2

### CIRCUIT #2

Do 10 Clubbell Torch Presses after each of the following:

5 Burpees

10 Air Squats

15—each side—Lunge Twists

15—each side—Side Lunges

10 Air Squats

5 Burpees

X1

### CIRCUIT #3

Do 10 Clubbell Barbarian Squats after each of the following:

5 Siamese Squats

10 Row Boats

15 Tuck Jumps

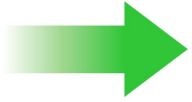
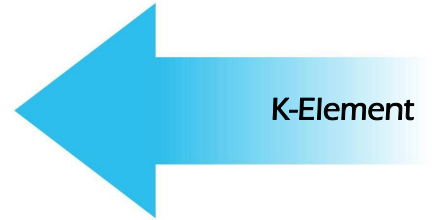
15 Squat Jumps

10 Row Boats

5 Siamese Suats

X1

# Weeks 3 & 4



## Workout #1

### CIRCUIT #1

25 Hindu Push-ups

50 Air Squats

25 Slosh Tube Get-up Sit-up

25 Ankle Jumps

25 Split Squat Jumps

25 Hindu Push-ups

10 Chin-ups

5 Pull-ups

25 Slosh Tube Bench Press Throws

10 Chin-ups

5 Pull-ups

25 Squat Jumps

25 Close Grip Push-ups

25 Ankle Jumps

5 Muslim Prays

25 Split Squat Jumps

25 Quad Squats

25 Mountain Climbers

10 Hindu Push-ups

5 Chin-ups

X1

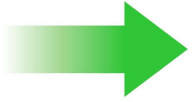
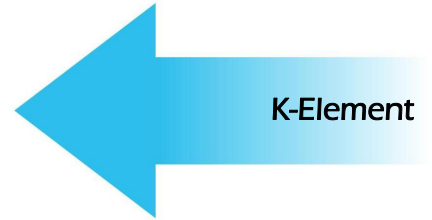
### Bonus 100

50 Side Step Push-ups

50 Burpees



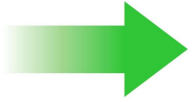
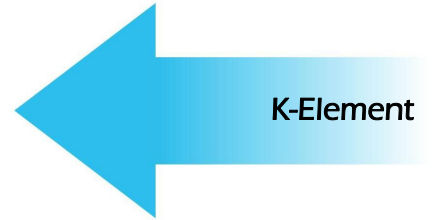
# Weeks 3 & 4



## Workout #2

- 10—each side—Clubbell Turkish Get-up
  - 10—each side—Medicine Ball V-sit Twists
  - 10 Scorpion Push-ups
  - 10—each side—Lunge Twists
  - 10 Close Grip Push-ups
  - 10 Scissor Kicks
  - 10 Leg Raises
  - 10 Push-ups
  - 10 Medicine Ball Thrusters
  - 10 Air Squats
  - 10 Spiderman Push-ups
  - 10 Knees to Elbows
  - 10 Tuck Jumps
  - 10 Scorpion Push-ups
  - 10 Squat Jumps
  - 10 Siamese Squats
  - 10 Close Grip Push-ups
  - 10—each side—Brazilian Crunch
  - 10 Scissor Kicks
  - 10 Push-ups
  - 10—each side—Medicine Ball Cossack Squat
  - 10 Air Squats
  - 10 Spiderman Push-ups
  - 10—each side—Medicine Ball V-sit Twists
  - 10 Lunge Walks
  - 10 Push-ups
- X1

# Weeks 3 & 4



## Workout #3

### CIRCUIT #1

Medicine Ball Thrusters

Chin-ups

Close Hand Push-ups

21 reps, 15 reps, 9 reps

### CIRCUIT #2

5—each side—Medicine Ball Lunge Twists

5—each side—Pistols

5 Medicine Ball Sit-up Stand-up Slams

5 Burpees

5—each side—Medicine Ball Sliders

5 Knees to Elbows

5 Slosh Tube Presses

5 Uneven Push-ups

5—each side—Slosh Tube Twirls

5 Sprawls

X4

### CIRCUIT #3

20 seconds Nose to Ground

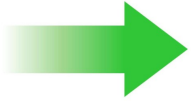
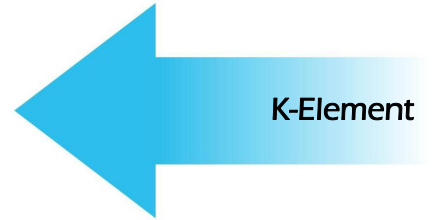
10 Push-ups

20 seconds Leg Raises

10 Push-ups

X3

# Weeks 3 & 4



## Workout #4

### CIRCUIT #1

Mark of a distance of 40 feet and place markers at each end

Slosh Tube Overhead Walk to the marker and back

10 Clubbell Barbarian Squats

10 Scissor Kicks

Slosh Tube Overhead Lunge to the marker and back

10 Jumping Split Squats

10 Leg Raises

10 Clubbell Inside Pendulum Swing

Slosh Tube carry to the marker and back (carry anyway you can)

10 Muslim Prays

10 Rowboats

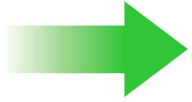
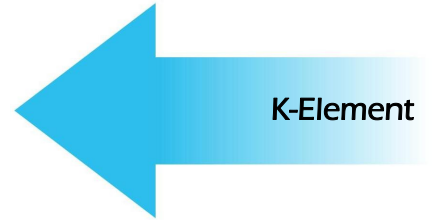
10 Slosh Tube Press Squats

X4

### CIRCUIT #2

Run 1 mile

# Weeks 5 & 6



## Workout #1

### CIRCUIT #1

30 yards Slosh Tube Overhead Walk

10 Plyo Spiderman Push-ups

30 yards Slosh Tube Overhead Walk

1 minute Nose to Ground

X3

### CIRCUIT #2

5—each side—Clubbell Turkish Get-up

5—each side—Superman Push-ups

5 Slosh Tube Press Squat

5 Slosh Tube Get-up Sit-up

X2

### CIRCUIT #3

30 seconds

no rest in between exercises

rest what needed in between rounds

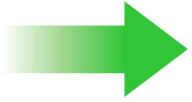
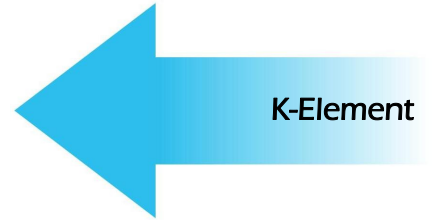
Burpees

Push-ups

Crab Walk

X3

# Weeks 5 & 6



## Workout #2

### CIRCUIT #1

20 Medicine Ball Sliders  
20 Medicine Ball Sit-up Stand-up Slams  
X2

### CIRCUIT #2

30 Clubbell Barbarian Presses  
10 Clubbell Barbarian Squats  
30 Medicine Ball Plyo Push-ups  
X2

### CIRCUIT #3

30 reps, 20 reps, 10 reps  
Medicine Ball Lunge Twists  
Slosh Tube Bench Press Throws  
Burpees

### CIRCUIT #4

30 seconds each exercise  
10 second rest after each  
Medicine Ball Thrusters  
Medicine Ball V-sit Twists  
X4

# Weeks 5 & 6



K-Element



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## Workout #3

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### CIRCUIT #1

10 Air Squats  
10 Clubbell Barbarian Press  
10 Air Squats  
10 Push-ups  
10 Air Squats  
10—each side—Clubbell Swipes  
10 Air Squats  
X1

### CIRCUIT #2

30 Seconds each exercise  
Side Plank (left side)  
Nose to Ground  
Side Plank (right side)  
X2

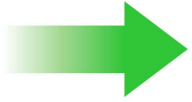
### CIRCUIT #3

5—each side—Clubbell Side Lunge Pendulum  
10 Brazilian Crunch  
5—each side—Clubbell Rear Lunge Pendulum  
10 Push-ups  
5—each side—Medicine Ball Lunge Twist  
10 Slosh Tube Burpees  
5—each side—Side Lunges  
X1

# Weeks 5 & 6



K-Element



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## Workout #4

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### CIRCUIT #1

15 Reps, 9 Reps, 6 Reps

Slosh Tube Overhead Squat

Slosh Tube Burpees

### CIRCUIT #2

1 Minute rounds

Slosh Tube Floor Wipers

Alligator Walk

Knees to Elbows

X2

### CIRCUIT #3

10 Pull-ups

10 Slosh Tube Presses

X2

### CIRCUIT #4

20 seconds each exercise

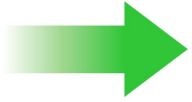
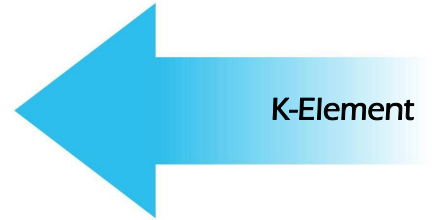
10 seconds rest after each exercise

Mountain Climbers

Air Squats

X8

# Weeks 7 & 8



## Workout #1

### CIRCUIT #1

2—each side—Clubbell Front Swing Hand Switch

25 Push-ups

X3

### CIRCUIT #2

30 seconds each walk

Bear Walk or Wild Bear Walk

10 Pull-ups

Frog Jumps

10 Medicine Ball Sit-up Stand-up Slams

Crab Walk

10 Psycho Push-ups

Inchworm

10 Unveven Push-ups

Sabertooth Walk

10 Slosh Tube Floor Wipers

Panther Walk

10 Knees to Elbows

Alligator Walk

10 Medicine Ball Thrusters

Monkey Push-ups

10—each side—Slosh Tube Cossack Squats

Duck Walk

10 Slosh Tube Twirls

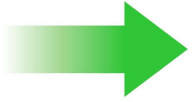
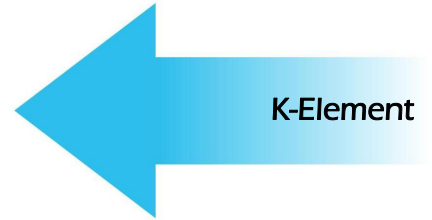
Panther Walk

10 Push-ups

X2



# Weeks 7 & 8



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## Workout #2

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### CIRCUIT #1

Do 10 Medicine Ball sliders after each of the following:

15 Slosh Tube Presses

15 Clubbell Barbarian Squats

15 Slosh Tube Floor Wipers

15 Slosh Tube Overhead Lunges

15 Slosh Tube Bench Press Throws

15 Clubbell Two Handed Press

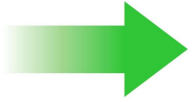
45 Push-ups

X2

# Weeks 7 & 8



K-Element



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## Workout #3

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### CIRCUIT #1

10 Slosh Tube Presses after each of the following exercises:

20 Push-ups

10 Slosh Tube Floor Wipers

20 V-Sit Twists

20 Leg Raises

X2

### CIRCUIT #2

10 Clubbell Two Handed Presses after each of the following exercises:

20 Push-ups

10 Medicine Ball Sit-up Stand-up Slams

X4

### CIRCUIT #3

10 Slosh Tube Presses after each of the following exercises:

20 Row Boats

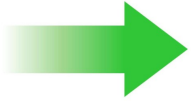
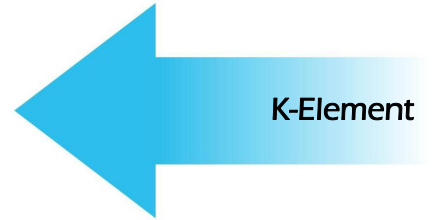
10 Clubbell Side Semi

10 Twist Push-ups (right side only)

10 Twist Push-ups (left side only)

X2

# Weeks 7 & 8



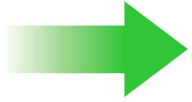
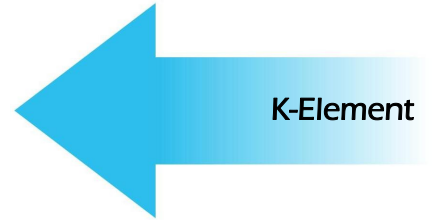
## Workout #4

### CIRCUIT #1

- 10 Slosh Tube Floor Wipers
- 15 Slosh Tube Lunges
- 15 Slosh Tube Presses
- 30 second rest**
- 15 Slosh Tube Press Squat
- 10 Slosh Tube Floor Wipers
- 15 Slosh Tube Front Paddling
- 30 second rest**
- 15 Slosh Tube Squats
- 15 Slosh Tube Bench Press Throws
- 10 Slosh Tube Floor Wipers
- 30 second rest**
- 15 Slosh Tube Presses
- 10 Slosh Tube Floor Wipers
- 15 Slosh Tube Get-up Sit-up
- 30 second rest**
- 10 Slosh Tube Floor Wipers
- 15 Slosh Tube Presses
- 15 Slosh Tube Lunges
- 30 second rest**
- X2**

If done in less than 30 minutes, do Burpees until the 30 minute mark

# Weeks 9 & 10



## Workout #1

### CIRCUIT #1

2—each side—1 Arm Push-ups  
4—each side—Clubbell Turkish Get-up  
8 Clubbell Barbarian Press  
X1

### CIRCUIT #2

5—each side—Clubbell Swipe  
5—each side—Clubbell Side Semi  
5—each side—Clubbell Alternating Shield Cast  
5—each side—Clubbell Torch Press  
X4

### CIRCUIT #3

2 Burpees  
5 Donkey Kicks  
10 Clubbell Two Handed Press  
20 Air Squats  
X3

# Weeks 9 & 10



K-Element



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## Workout #2

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### CIRCUIT #1

10 Slosh Tube Overhead Squat  
25 Push-ups  
5 Slosh Tube Presses  
1/2 mile run  
X4 for a total of 2 miles

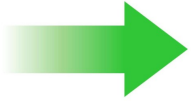
### CIRCUIT #2

10 Slosh Tube Twirls  
10 Core Burpees  
10 Slosh Tube Burpees  
10 Spiderman Push-ups  
10 Slosh Tube Bench Press Throws  
10 Burpees  
10 Slosh Tube Cossack Squats  
10 Uneven Push-ups  
X3

# Weeks 9 & 10



K-Element



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## Workout #3

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### CIRCUIT 1

10—each side—Clubbell Side Lunge Pendulum  
25 Donkey Kicks  
1 minute V-Sit  
1 minute Nose to Ground  
50 Slosh Tube Presses  
20—each side—Medicine Ball V Sit Twists  
X1

### CIRCUIT 2

Run 100 feet or so after each set of Burpees:  
10 Burpees  
9 Burpees  
8 Burpees  
7 Burpees  
6 Burpees  
5 Burpees  
4 Burpees  
3 Burpees  
2 Burpees  
1 Burpee  
X1

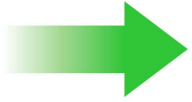
### CIRCUIT 3

25 Monkey Push-ups  
25 Tuck Jumps  
25 Medicine Ball Sit-up Stand-up Slams  
25—each side—Medicine Ball Sliders  
X2

# Weeks 9 & 10



K-Element



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## Workout #4

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### CIRCUIT #1

50—each side—Lunge Walk with Slosh Tube on back  
Jog 100 feet with Slosh Tube (carry anyway you can)  
Walk 100 feet while doing Slosh Tube Presses  
Jog 100 feet with Slosh Tube (carry anyway you can)  
X2

### CIRCUIT #2

25 V-Sit Twists  
25 Clubbell Barbarian Presses  
10—each side—ClubBell Outside Pendulums  
10—each side—ClubBell Inside Pendulums  
Sprint 100 feet  
X2

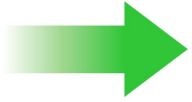
### CIRCUIT #3

50 Push-ups  
40 Mountain Climbers  
30 Tuck Jumps  
20 Burpees  
10 Triangle Pull-ups  
5—each side—Club Bell Turkish Get-ups  
X1

# Weeks 11 & 12



K-Element



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## Workout #1

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### CIRCUIT #1

25 Medicine Ball Get Up Stand Up Slams  
40 feet Bear Walk  
25 Slosh Tube Get Up Sit Ups  
40 feet Crab Walk  
25 Clubbell 2 Handed Press  
40 feet Duck Walk  
25 Push-ups  
X1

### CIRCUIT #2

25 Frog Jumps  
25 Leg Raises  
25 Uneven Push-ups  
25 Donkey Kicks  
25 Scissor Kicks  
25 Tuck Jumps  
X1

### CIRCUIT #3

5—each side—Slosh Tube Twirls  
10 Slosh Tube Burpees  
15 Medicine Ball Sliders  
20 Clubbell Barbarian Squats  
25 Close Grip Push-ups  
20 Push-ups  
15 Burpees  
30 Medicine Ball Slams  
5 Air Squats  
X1



# Weeks 11 & 12



K-Element



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## Workout #2

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### CIRCUIT #1

4 Inchworms

20 seconds Crab Walk

10—each side—Side Lunges

X2

### CIRCUIT #2

Do 20 Clubbell Barbarian Presses & 20 Slosh Tube Press Squats after each of the following:

50 Air Squats

10 Tuck Burpees

20 Superman Push-ups

30—each side—Slalom

20 Sprawls

20—each side—Side Bridge & Knee Tuck

15 Muslim Prays

50 Leg Raises

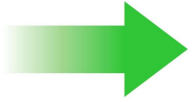
30—each side—Ice Skaters

20 Frog Jumps

# Weeks 11 & 12



K-Element



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## Workout #3

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### CIRCUIT #1

- 10 Push-ups
- 10 Air Squats
- 10 Quad Squats
- 2 Burpees

Do the above four exercises as fast as you can after each of the following exercises

- 10 Slosh Tube Presses
- 10 Slosh Tube Get-up Sit-ups
- 10 Slosh Tube Twists
- 10 Slosh Tube Squats

### CIRCUIT #2

- 10 Squat Jumps
- 10—each side—Side Bridge & Knee Tuck
- 10 Donkey Kicks
- 10 Medicine Ball Slams

Do the above four exercises as fast as you can after each of the following exercises

- 10 Triangle Pull-ups
- 10 Knees to Elbows
- 10 Chin-ups
- 10 Toes to Bar

### CIRCUIT #3

- 10 Mountain Climbers
- 10 Medicine Ball Thrusters
- 10 Leg Raises
- 5 Frog Jumps

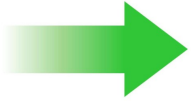
Do the above four exercises as fast as you can after each of the following exercises

- 10—each side—Clubbell Front Circle
- 10—each side—Clubbell Alternating Shield Cast
- 10—each side—Clubbell Mill
- 10—each side—Clubbell Swipe

# Weeks 11 & 12



K-Element



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## Workout #4

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### CIRCUIT#1

10—each side—Clubbell Mill  
10 Medicine Ball Psycho Push-ups  
10—each side—Clubbell Front Swing Hand Switch  
10 Frog Jumps  
X2

### CIRCUIT #2

150 yard Slosh Tube carry (do as many Presses with it as you can)  
20 Medicine Ball Sit-up Stand-up Slams  
150 yard Slosh Tube carry (hold it in a Front Squat position)  
20 Burpees  
150 yard Slosh Tube carry (any way you can)  
Air Squats  
X1

### CIRCUIT #3

20 Hindu Push-ups  
5 Pull-ups  
20 Mountain Climbers  
5 Chin-ups  
20 Squat Jumps  
20 Spiderman Push-ups  
5 Pull-ups  
20—each side—Lunge Twists  
20 Twist Push-ups  
5—each side—Knees to Elbows  
X1

### CIRCUIT #4 (bonus)

Spring 150 yards  
10 Slosh Tube Floor Wipers  
X1