

K-Challenge

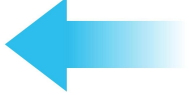
An intense fitness challenge

12 week
Functional Fitness
program



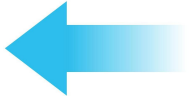
Why K-Challenge?

KemmeFitness.com provides hundreds of workouts. For ease of use, I had created [K-Fit](#), a 12 week program to get you started. If you are new to Kemme Fitness, I highly recommend you complete **K-Fit** prior to attempting **K-Challenge**.



The K-Challenge Schedule

K-Challenge is 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

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.



Kettlebells should be anywhere from 5 to 35 pounds depending on your fitness level.

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 12 pounds.

Consider reading [The Low Cost Gym](#) for tips on homemade equipment.



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

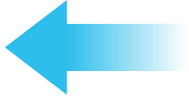

You could always repeat **K-Challenge**, but personally I would be bored.

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](https://www.kemmefitness.com).

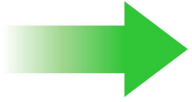
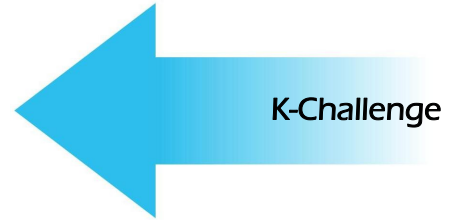
[Kemme Fitness](#) has literally hundreds of workouts for you. After you are able to complete **K-Challenge**, you are ready for the rest of the workouts located in either the [At-Home](#) or the [At-The-Gym](#) workout pages.

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

4—each side—Grasshopper Push-ups

4—each side—Kettlebell Turkish Get-ups

X1

CIRCUIT #2

10—each side—Kettlebell Snatch

10 Pull-ups

X3

CIRCUIT #3

5—each side—Kettlebell 1 Arm 1 Leg Curl

5—each side—Kettlebell Windmill

X2

CIRCUIT #4

5—each side—Physioball 1 Leg Sit-up

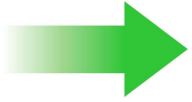
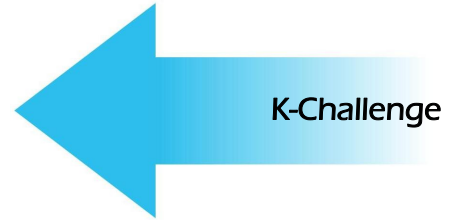
5—each side—Kettlebell Clean and Press

5 Medicine Ball Sit-up Stand-up Slams

10 Knees to Elbows

X4

Weeks 1 & 2



Workout #2

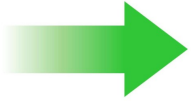
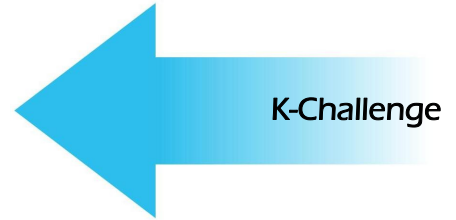
CIRCUIT #1

25 Air Squats
25 Push-ups
20 Pull-ups
20 Kettlebell 1 Arm 1 Leg Romanian Deadlift
10 Medicine Ball Sit-up Stand-up Slams
25 Box Jumps
10 Donkey Kicks
25 Air Squats
20 Medicine Ball V-Sit Twists
5 Burpee Pull-ups
20 Pull-ups
10 Tuck Burpees
20 Kettlebell Thrusters
10 Split Squat Jumps
10 Uneven Push-ups
25 Leg Raises
X1

CIRCUIT #2

Run 1/2 mile
20 Kettlebell Swings
X2

Weeks 1 & 2



Workout #3

Circuit #1

5 Burpees

5 Pull-ups

5 Tuck Burpees

5 Chin-ups

5 Core Burpees

5 Medicine Ball V-Sit Twists

5 Burpee Pull-ups

5 Kettlebell Clean & Press

5 Core Burpees

X 5

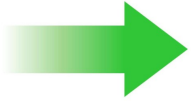
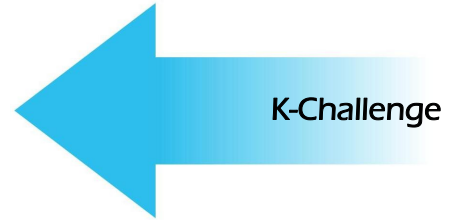
(30 seconds rest between rounds)

Circuit #2

Run 10 flights of stairs

3 Burpees at each flight of stairs (rotate type of Burpee)

Weeks 1 & 2



Workout #4

CIRCUIT #1

10 Air Squats
10 Kettlebell Swings
10 Air Squats
10 Push-ups
10 Air Squats
2—each side—Kettlebell Clean & Press
10 Air Squats
X1

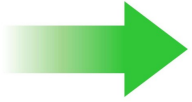
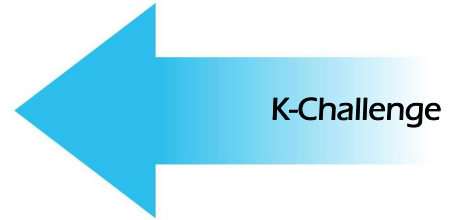
CIRCUIT #2

30 Seconds each exercise
Inchworm
Frog Jumps
Monkey Push-ups
X2

CIRCUIT #3

5—each side—Physioball Lateral Roll
10 Brazilian Crunch
5—each side—Physioball Russian Twist
10 Push-ups
5—each side—Lunge Twist
10 Donkey Kicks
5—each side—Physioball Knee Rotation
X1

Weeks 3 & 4



Workout #1

CIRCUIT #1

Medicine Ball Thrusters

Core Burpees

Kettlebell Pistons (each side)

Pistols

Kettlebell Bottom Up Press (1 or 2 arms)

Pull-ups

Kettlebell 1 Leg Dips

20 reps, 10 reps, 6 reps, 4 reps

CIRCUIT #2

20 seconds each exercise, 10 seconds rest

Mountain Climbers

Sit-ups

Push-ups

Air Squats

X4

Weeks 3 & 4



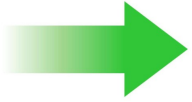
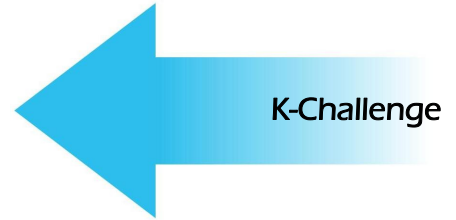
K-Challenge



Workout #2

30 Air Squats
5 Chin-ups
10 Medicine Ball Thrusters
15 Dive Bombers
25 Box Jumps
5 Pull-ups
5—each side—Kettlebell Turkish Get-ups
10—each side—Superman Push-ups
30 Leg Raises
10 Medicine Ball Sit-up, Stand-up, Slams
50 Mountain Climbers
5 Pull-ups
30 Medicine Ball V-Sit Twists
10 Commando Pull-ups (5 each side)
20 Lunge Walk
50 Scissor Kicks
25 Box Jumps
25 Hindu Push-ups
5—each side—Kettlebell Windmill
5 Chin-ups
10 Medicine Ball Sit-up, Stand-up, Slams
30 Leg Raises
10—each side—Kettlebell Cossack Squats
10 Commando Pull-ups (5 each side)
15—each side—Medicine Ball Sliders
5 Pull-ups
10 Medicine Ball Thrusters
25 Burpees
X1

Weeks 3 & 4



Workout #3

CIRCUIT #1

4—each side—Kettlebell Turkish Get ups

4—each side—Physioball Knee Tuck

4 Psycho Push-ups

4 Pull-ups

X1

CIRCUIT #2

30 seconds each station

Air Squats

Alligator Walk

Wall Sit

Physioball Bridge (heels on the ball)

X2

CIRCUIT #3

10 reps, 8 reps, 6 reps, 4 reps

Box Jumps

Inverted Mountain Climbers

Row Boats

ADDITIONAL

Run 3 minutes warm up

Sprint 30 seconds

Run 1 minute

20 Push-ups

Run 1 minute

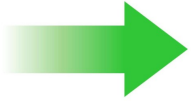
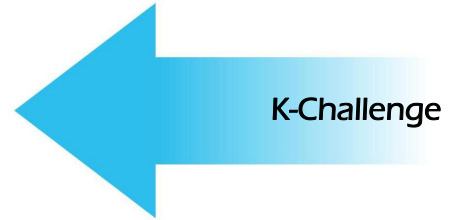
Sprint 30 seconds

Run 1 minute

20 Push-ups

Run 1 minute

Weeks 3 & 4



Workout #4

CIRCUIT #1

21 reps, 15 reps, 9 reps

Medicine ball Sit up Stand up Slams

Pull-ups (any style)

Kettlebell Swings

CIRCUIT #2

30 Seconds each

Split Squat Jumps

Push-ups

Physioball Lateral Roll

X2

CIRCUIT #3

30 Seconds each

Spiderman Push-ups

Burpees

Crab Walk

X2

CIRCUIT #4

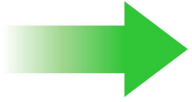
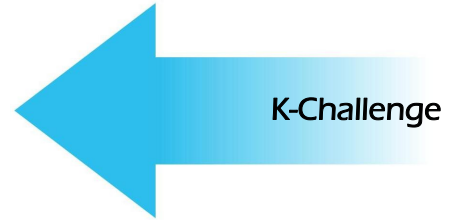
30 seconds each exercise, rest 10 seconds

Air Squats

Physioball Dips

X4

Weeks 5 & 6



Workout #1

CIRCUIT #1

20 seconds each side

Kettlebell Swings

Kettlebell Uppercuts

Kettlebell Clean & Press (alternate sides)

Kettlebell Squats

Kettlebell Swings

X1

CIRCUIT #2

30 seconds each exercise

10 second transition time

Lower Russian Twists

Medicine Ball V-sit Twists

Medicine Ball Plyo Push-ups

Medicine Ball Lunge Twists

X4

CIRCUIT #3

30 seconds each exercise

15 seconds rest

Uneven Push-ups

Side Pillar Bridge (left side)

Air Squats

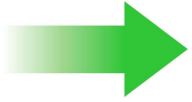
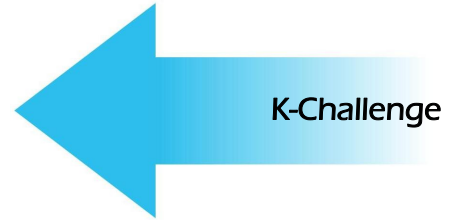
V-Sit

Burpees

Side Pillar Bridge (right side)

X2

Weeks 5 & 6



Workout #2

CIRCUIT #1

15 Physioball Push-ups
15 Knees to Elbows
15 Physioball Russian Twists
15 Physioball Explosive Push-ups
15 Pull-ups
15 Physioball Leg Curls
15 Physioball Dips

X1

CIRCUIT #2

Do the circuit as fast as you can, then rest 30 seconds to 1 minute in between rounds

10 Medicine Ball Sliders
10 Medicine Ball Thrusters
10 Donkey Kicks
10 Squat Jumps
10 Box Jumps

X3

CIRCUIT #3

Do the circuit as fast as you can, then rest 30 seconds to 1 minute in between rounds

20—each side—1 Arm Medicine Ball Slams
10 Kettlebell Swings
10—each side—Superman Push-ups
10 Sprawls
20 Tuck Jumps

X2

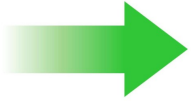
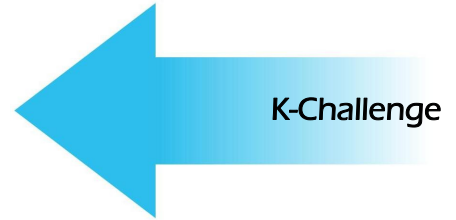
CIRCUIT #4

20 seconds each exercise, then rest 10 seconds.

Slalom
Scissor Kicks
Stutter Steps
Mountain Climbers

X4

Weeks 5 & 6

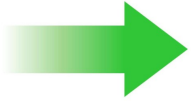
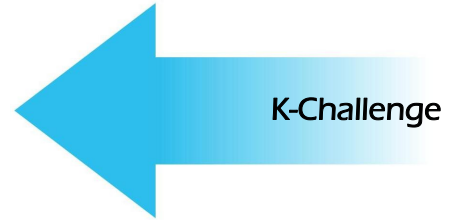


Workout #3

CIRCUIT #1

- 10 Air Squats
 - 10 Physioball Lateral Rolls
 - 10 Kettlebell Swings
 - 10 Air Squats
 - 10 Medicine Ball Sit-up Stand-up Slams
 - 10 Sprawls
 - 10 Air Squats
 - 10 Mountain Climbers
 - 10 Kettlebell Windmills
 - 10 Squat Jumps
 - 10—each side—Kettlebell Clean & Press
 - 10 Physioball Russian Twists
 - 10 Air Squats
 - 10—each side—Kettlebell 1 Arm 1 Leg Romanian Deadlifts
 - 10 Leg Raises
- X2

Weeks 5 & 6



Workout #4

CIRCUIT #1

45 seconds each station

15 seconds transition time

Kettlebell Squat

Burpees

1 Arm Kettlebell Swing

Kettlebell 1 Arm 1 Leg Romanian Dead Lift

Sit-up Stand-up Tuck Jumps

Kettlebell Cossack Squat

Lunge Twists

Slaloms

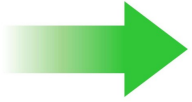
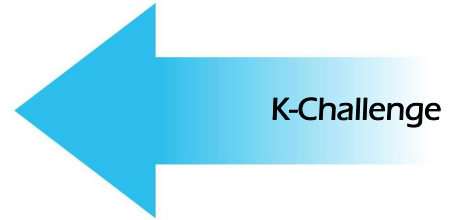
Medicine Ball Thrusters

Kettlebell Clean and Press

Rest 2 minutes in between rounds

X3

Weeks 7 & 8



Workout #1

CIRCUIT #1

10 Muslim Pray
10—each side—Lower Russian Twist
10—each side—Upper Russian Twist (with Physioball)
X2

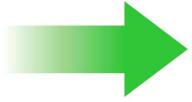
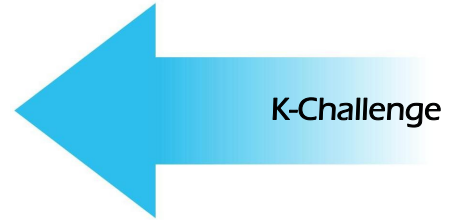
CIRCUIT #2

10 Aztec Push-ups
10—each side—Brazilian Crunch
30 seconds Left Side Bridge
10—each side—Leg Swoop
10—each side—Back Bridge Switch
30 seconds Right Side Bridge
10 Muslim Pray
10 Donkey Kicks
1 minute Physioball Bridge
10—each side—Plank 1 Arm Touch
10—each side—Grasshopper Push-ups
1 minute Physioball Bridge
X1

CIRCUIT #3

10 – each side – Ice Skaters
5 Sprawls
10 – each side – Ice Skaters
4 Sprawls
10 – each side – Ice Skaters
3 Sprawls
10 – each side – Ice Skaters
2 Sprawls
10 – each side – Ice Skaters
1 Sprawls
X1

Weeks 7 & 8



Workout #2

CIRCUIT #1

Medicine Ball Thrusters

Medicine Ball Sliders

Close Hand Push-ups

21 reps, 15 reps, 9 reps

CIRCUIT #2

10 Explosive Physioball Push-ups

5—each side—Kettlebell Turkish Get-ups

10 Medicine Ball Plyometric Push-ups

5—each side—Pistols

10 Medicine Ball Psycho Push-ups

5 Sprawls

10—each side—Side Bridge Knee Tucks

X4

CIRCUIT #3

20 seconds Plank 1 Arm Touches (alternate arms)

10 Push-ups

20 seconds Physioball Bridge

10 Push-ups

X2

CIRCUIT #4 (The “Log Roll” circuit)

Roll from 1 exercise into the next

10 Scissor Kicks

10 Push-ups

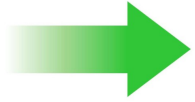
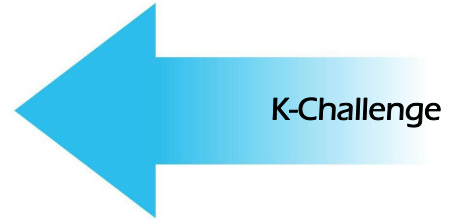
10 Leg Raises

10 Push-ups

X3

Weeks 7 & 8

K-Challenge



Workout #3

CIRCUIT #1

20 Kettlebell Squats
20 Push-ups
20 Air Squats
20 Medicine Ball Sit-up Stand-up Slams
20 Medicine Ball V-sit Twists
X2

CIRCUIT #2

4 Minute Clusters, rotate through exercises for 4 minutes (do as fast as you can)
1 Minute rest between Clusters

CLUSTER #1

10—each side—Kettlebell Swings (1 arm)
10—each side—Kettlebell 1 Arm Suspended Press
10—each side—Kettlebell Pistons

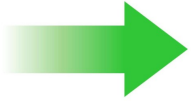
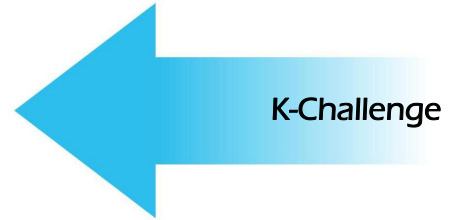
CLUSTER #2

10 Pull-ups
10—each side—Uneven Push-ups
10 Medicine Ball Thrusters

CLUSTER #3

10 Chin-ups
10 Medicine Ball Psycho Push-ups
30 Medicine Ball Slams

Weeks 7 & 8



Workout #4

Pick a number from 6 to 20. The challenge is to do that number of reps for each Push-up exercise below (alternate sides if need be). In between each Push-up exercise (or whenever really), you are not allowed to rest, but you are allowed to do one of the following “filler exercises” for as long as you need to.

FILLER EXERCISES:

Scissor Kicks

Leg Raises

Rowboat

Cross Toe Touches

V-Sit

PUSH-UP EXERCISES:

Push-up

Uneven Push-up

Plyometric Push-up

Psycho Push-up

Close Grip Push-up

Aztec Push-up

Twist Push-up

Sidestep Push-up

Scorpion Push-up

Grasshopper Push-up

Physioball Push-up

Military Push-up

Spiderman Push-up

Plyo Spiderman Push-ups

Pike Push-up

Hindu Push-up

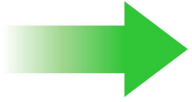
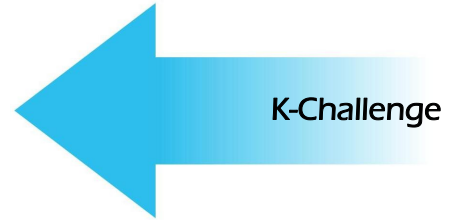
Physioball Explosive Push-up

Spinning Push-up

1 Leg Push-ups

Medicine Ball Psycho Push-ups

Weeks 9 & 10



Workout #1

CIRCUIT #1

Rest 20 seconds in between rounds

10 Medicine Ball Thrusters

10—each side—Kettlebell Bottom Up Press (1 or 2 arms)

10 Plyometric Push-ups

X5

CIRCUIT #2

10 each exercise

Do jump/chest combinations as fast as you can.

You can pause briefly between combinations

1 Minute rest between rounds

Frog Jumps/Side Step Push-ups

Box Jumps/Superman Push-ups

Squat Jumps/Push-ups

Tuck Jumps/Inverted Mountain Climbers

Lateral Bound/Donkey Kicks

Air Squats/Mountain Climbers

X2

CIRCUIT #3

20 Medicine Ball Slams

20 Physioball Knee Tucks

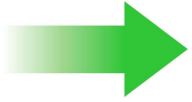
20 Kettlebell Swings

X4

Weeks 9 & 10



K-Challenge



Workout #2

CIRCUIT #1

20—each side—Ice Skaters

1—each side—1 Arm Push-ups (can use incline)

X2

CIRCUIT #2

5—each side—Physioball Knee Rotation

5—each side—Physioball Leg Curls 1 leg (or 10 two legged)

5—each side—Physioball Leg Rotation

5—each side—Physioball 1 Leg Sit-ups

10 Sprawls

X3

CIRCUIT #3

5—each side—Frog to Side Plank

5—each side—Back Bridge Switch

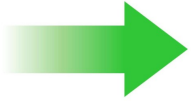
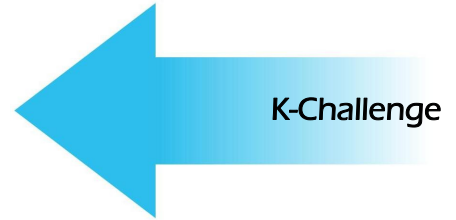
10 Donkey Kick

5—each side—Leg Swoop

10 Sprawls

X3

Weeks 9 & 10



Workout #3

CIRCUIT #1

Kettlebell Swings

Burpees

Close Grip Push-ups

15 reps, 10 reps, 8 reps, 6 reps, 4 reps, 2 reps

CIRCUIT #2

5—each side—Kettlebell Suspended 1 Arm Press

5 Physioball Push-ups (feet on the ball)

5 Physioball Push-ups (hands on the ball)

5 Aztec Push-ups

5—each side—Pistols (1 Leg Squat)

5—each side—Kettlebell 1 Leg Dips

5—each side—Physioball 1 leg Sit-ups

5—each side—Kettlebell Clean & Press

5—each side—Uneven Push-ups

5 Sprawls

X3

CIRCUIT #3

20 second Physioball Bridge

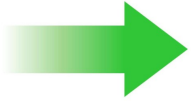
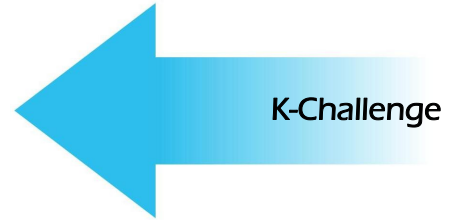
10 Donkey Kicks

20 second Physioball Bridge

10 Pike Push-ups

X4

Weeks 9 & 10



Workout #4

CIRCUIT #1

10—each side—Kettlebell Pistons
10—each side—Kettlebell Clean & Press
10—each side—Kettlebell 1 Arm Suspended Press
25 Push-ups
X3

CIRCUIT #2

Burpees
Kettlebell Swings
Box Jumps
24 reps, 12 reps, 6 reps, 3 reps

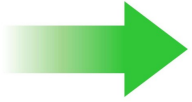
CIRCUIT #3

4 Toes to Bar
5 Physioball Dips
20 Air Squats
X5

Weeks 11 & 12



K-Challenge



Workout #1

CIRCUIT #1

5 Pull-ups
25—each side—Medicine Ball Sliders
5—each side—Kettlebell Turkish Get-ups
5 Knees to Elbows
30 Medicine Ball Thrusters
30—each side—Medicine Ball V-sit Twists
X1

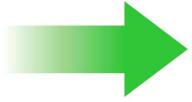
CIRCUIT #2

5 Triangle Pull-ups
50 Medicine Ball Plyo Push-ups
20 Medicine Ball Thrusters
5 Pull-ups
10—each side—Physioball Leg Rotations
1 minute Physioball Balance
10—each side—Physioball Knee Rotations
1 minute Physioball Bridge
5 Toes to Bar
30—each side—Medicine Ball V-sit Twists
1 minute left Side Bridge then fall into 25 Push-ups
1 minute right Side Bridge then fall into 25 Push-ups
5 Chin-ups
30 Burpees
X1

Weeks 11 & 12



K-Challenge



Workout #2

CIRCUIT #1

5 Dive Bombers

25 Medicine Ball Thrusters

10 Close Grip Push-ups

5 Kettlebell Squats

X4

30 seconds rest (or more if needed) in between rounds

CIRCUIT #2

RULES:

-do cluster as fast as you can (seriously, try to push yourself)

-rest 20 seconds in between clusters (the key here is the short rest period)

-rest 1 minute or more between rounds of clusters

-do as many rounds as you can before times runs out (30-40 minutes total including Circuit #1)

Cluster #1: 3 Pull-ups/10 Air Squats

Cluster #2: 3 Physioball Dips/10 Kettlebell Swings

Cluster #3: 3 Psycho Push-ups/10 Superman Push-ups

Cluster #4: 3 Sit-up Stand-up Tuck Jumps/10 Pike Push-ups

Cluster #5: 3 Burpees/10 Squat Jumps

Weeks 11 & 12



K-Challenge



Workout #3

CIRCUIT #1

20 reps, 8 reps, 2 reps

Kettlebell Clean & Press (alternate arms)

Air Squats

Side Lunge with Medicine Ball

Pull-ups

Medicine Ball Lunge Twists

Medicine Ball Thrusters

Physioball Knee Tuck (2 legs or alternate 1 leg)

Burpees

Kettlebell Swings (alternate hands)

Medicine Ball Lunge Twists

Kettlebell Bottom Up Press (1 or 2 arms)

Scorpion Push-ups

Physioball Dips

Physioball Upper Russian Twists

Kettlebell Cossack Squat

Leg Swoop

Kettlebell Clean & Press (alternate arms)

Donkey Kicks

Kettlebell Pistons (do repetitions for each side)

Brazilian Crunch

Box Jumps

Grasshopper Push-ups (alternate sides)

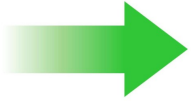
Medicine Ball Sliders

X1

Weeks 11 & 12



K-Challenge



Workout #4

- 2—each side—One Arm Push-up
- 4—each side—Kettlebell Turkish Get-up
- 6 Physioball Dips
- 8 Frog Jumps
- 10 Pull-ups
- 12 Medicine Ball Sliders
- 14 Kettlebell Clean & Presses (do repetitions for each side)
- 16 Medicine Ball Thrusters
- 18 Lower Russian Twists
- 20 Physioball Mountain Climbers
- 22 Plyometric Push-ups
- 24 Kettlebell 1 leg 1 Arm Romanian Deadlift
- 26 Close Grip Push-ups
- 28 Kettlebell Swings
- 30 Uneven Push-up
- 32 Kettlebell Squat
- 34 Split Squat Jumps
- 36 Push-ups
- 38 Box Jumps
- 40 Air Squats

Repeat in reverse order (yes, start with 40 more Air Squats!)