

# **K-Fit**


**Your introduction to Kemme Fitness**

12 week  
Functional Fitness  
program  
for beginners



## Why K-Fit?

[KemmeFitness.com](http://KemmeFitness.com) provides hundreds of workouts, including a [Beginner](#) workout page for those new to the program. However, I finally came to realize that a great many folks want a scheduled program, at least in the initial stages. This spawned the 12 week program, K-Fit.




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## The K-Fit Schedule

**K-Fit** is a 4-day a week workout schedule. You can choose what 4 days you exercise during any given week. 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. Sample workout schedules are at the bottom of this page to help give you ideas.



The workout weeks are clustered into two week periods. Therefore, weeks 1 & 2 have the same workouts. Weeks 3 & 4 have the same workouts, and so on. Do all 4 workouts for week 1 before moving onto week 2. You will then repeat the same 4 workouts for week 2. I have found that repeating a workout once has benefit because you become more confident in the movements the second time around.

Don't worry, you get all new workouts for weeks 3 and 4 so you won't get bored.

**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



## 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. *Note: A good place to rest is in between circuits.*

**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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## 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.





## What If You Can't Do A Specific Exercise?

A good example is Pull-ups. Many people can not do a Pull-up in their current fitness state. I do not want you to avoid Pull-ups in this program. Instead I want you to build up to them.

You can either try Jump Pull-ups, where you jump up while holding onto the Pull-up bar. Then lower yourself down as slowly as you can. This will build up the necessary muscles and the jump helps you overcome the initial pulling up. If a Jump Pull-up is still too difficult, try using a chair or a friend to support your legs. The point is not to skip the Pull-ups. Even if you can only muster one or two repetitions, still work on building those muscles.

Push-ups are another difficult area for many. Just remember, moving the anchor point from your toes to your knees is not cheating. Men hate to do this because they consider those "girl push-ups." Get over it!

The only time I want you to avoid an exercise is if it causes you pain and discomfort. Make sure you listen to your body and start slow.

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## What To Do After The 12 Weeks

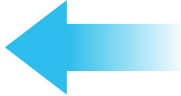
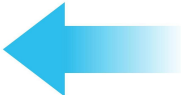
You could always repeat K-Fit, but personally I would be bored.

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](http://KemmeFitness.com).

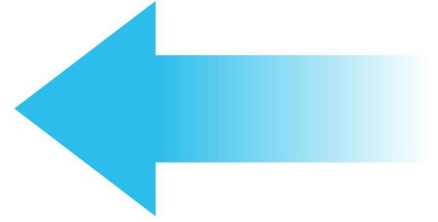
[Kemme Fitness](http://KemmeFitness.com) has literally hundreds of workouts for you. You can go to the [Beginner](#) workout page, where you will find similar workouts as in K-Fit. The rest of the workouts are located in either the [At-Home](#) or the [At-The-Gym](#) workout pages.

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



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## Workout #1

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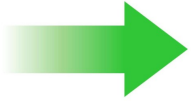
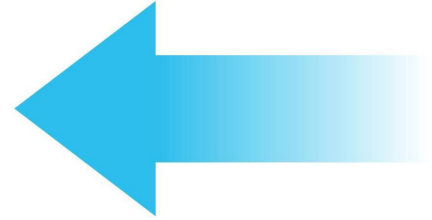
### CIRCUIT #1

- 10 Box Jumps or Ankle Jumps
  - 10 Dive Bombers
  - 10 Brazilian Crunch
  - 10 Air Squats
  - 10 Lateral Bound
  - 10 Frog Jumps
  - 10 Push-ups
  - 10 Scissor Kicks
  - 10 Lunge Twists
  - 10 Mountain Climbers
  - 10 Leg Raises
  - 10 Split Squat Jumps
- X1 (only 1 round)

### CIRCUIT #2

1/4 mile run (feel free to add to the length of the run if you are into that sort of thing)

# Weeks 1 & 2



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## Workout #2

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### CIRCUIT #1

5 Push ups (any kind)

20 Leg Raises

5 Dive Bombers

20 Air Squats

5 Push ups (any kind)

20 Split Squat Jumps

5 Push ups (any kind)

20 Dips

5 Frog Jumps

20 Row Boats

X2 (remember, do the circuit twice for two rounds before moving onto circuit #2)

### CIRCUIT #2

30 sec each station

Crab walk

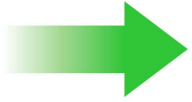
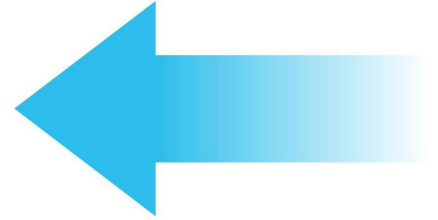
Wall Sit

Nose to Ground

Bear Walk

X3 (Do three rounds total for this circuit)

# Weeks 1 & 2



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## Workout #3

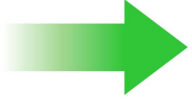
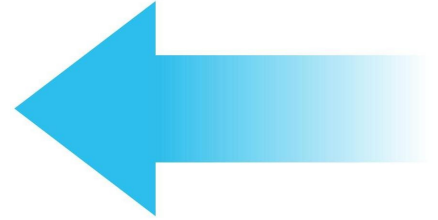
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### CIRCUIT #1

- 10 Air Squats
  - 10 Physioball Lateral Rolls
  - 10 Kettlebell Swings
  - 10 Air Squats
  - 10—each side—Kettlebell Clean & Press
  - 10 Sprawls
  - 10 Air Squats
  - 10 Mountain Climbers
  - 10 Kettlebell Swings
  - 10 Squat Jumps
  - 10—each side—Kettlebell Clean & Press
  - 10 Physioball Russian Twists
  - 10 Air Squats
  - 10 Kettlebell Swings
  - 10 Leg Raises
- X1

# Weeks 1 & 2



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## Workout #4

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### CIRCUIT #1

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

10 Medicine Ball Slams

10—each side—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—V-sit Twists

50 Air Squats

10 Medicine Ball Slams

X1

### CIRCUIT #2

2 Burpees

4 Lunge Walk

8 Push-ups

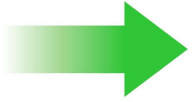
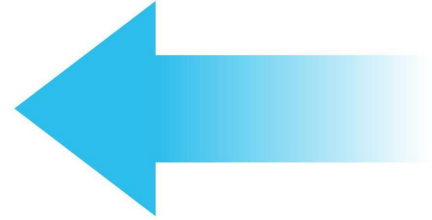
16 Squat Jumps

32 Leg Raises

X1



# Weeks 3 & 4



## Workout #1

### 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

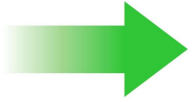
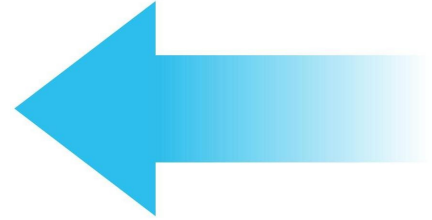
### CIRCUIT #2

30 Seconds each exercise  
Physioball Balance  
Side Pillar Bridge (alternate sides)  
Physioball Bridge (heels on the ball)  
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 Physioball Knee Tucks  
5—each side—Side Lunges  
X1

# Weeks 3 & 4



## Workout #2

### CIRCUIT #1

5—each side—Physioball Russian Twists

5 Push-ups

20 seconds Physioball Bridge

20 seconds Side Plank

5—each side—Physioball Lateral Roll

X2

### CIRCUIT #2

5—each side—V-Sit Twists with a Medicine Ball

5 Squat Jumps

5 Box Jumps or Ankle Jumps

5 Donkey Kicks

X1

### CIRCUIT #3

10 Medicine Ball Slams

5—each side—V-Sit Twists with a Medicine Ball

5 Sprawls

10 Tuck Jumps

X1

### CIRCUIT #4

20 seconds each exercise

Slalom

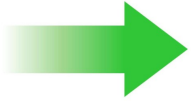
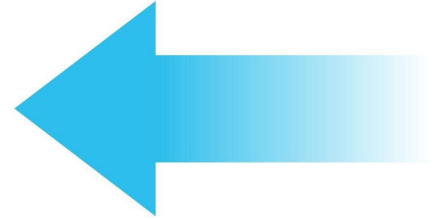
Scissor Kicks

Stutter Steps

Mountain Climbers

X3

# Weeks 3 & 4



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## Workout #3

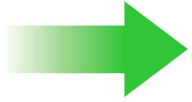
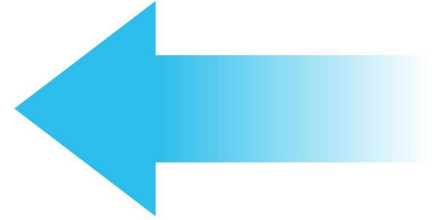
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### *CIRCUIT #1*

25 Leg Raises  
5 Burpees  
5 Pull-ups  
20 (10 each side) V-sit Twists  
10 Medicine Ball Thrusters  
30 Scissor Kicks  
5 Chin-ups  
20 (10 each side) Lunge Twists  
50 Air Squats  
10 Push-ups  
20 Tuck Jumps  
5 Pull-ups  
20 (10 each side ) Medicine Ball Sliders  
5 Burpees  
40 (20 each side) Brazilian Crunch  
10 Siamese Squats  
30 Lunge Walks  
5 Chin-ups  
25 Leg Raises  
20 Row Boats  
10 Push-ups  
30 Air Squats  
x1

# Weeks 3 & 4



## Workout #4

### CIRCUIT #1

20 Kettlebell Swings

10—each side—Kettlebell Pistons

X1

### CIRCUIT #2

30 seconds Physioball Balance after each of the following

20 Push-ups

5—each side—Kettlebell Bottom Up Press

20 Leg Raises

5 Kettlebell Cossack Squats (hold KB up to your chest)

20 Siamese Squats

5—each side—Kettlebell Uppercuts

20 Burpees

5—each side—Superman Push-ups

20 Rowboat

5 Muslim Prays

X1

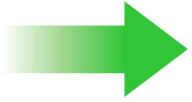
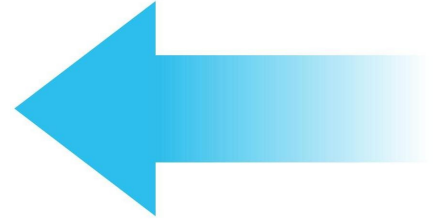
### CIRCUIT #3

30 seconds Physioball Bridge (feet on ball)

10 Push-ups

X3

# Weeks 5 & 6



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## Workout #1

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### CIRCUIT #1

45 seconds each station

15 seconds transition time in between exercises

Rest 2 minutes after each round

Repeat 2 times for a total of 3 rounds

Kettlebell Cossack Squats (hold KB up to your chest)

Slaloms

Medicine Ball Slams

Physioball Balance

Kettlebell Swings

Lunges Twists

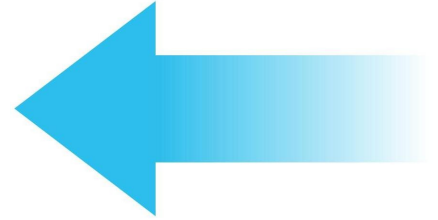
Ice Skaters

Mountain Climbers

Scissor Kicks

Medicine Ball V-Sit Twists

# Weeks 5 & 6



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## Workout #2

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### CIRCUIT #1

30 Repetitions each exercise

Dive Bombers

Squat Jumps

Medicine Ball Sliders (15 reps each side)

Kettlebell Cossack Squats (hold KB up to your chest)

Kettlebell Swings

Kettlebell Clean & Press (30 reps each side)

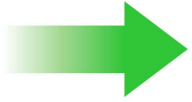
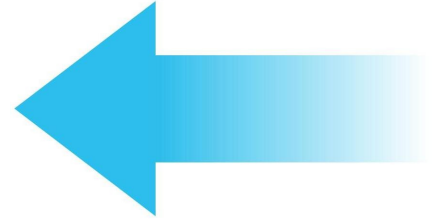
Push-ups

Mountain Climbers

Medicine Ball Lunge Twists (30 each side)

Medicine Ball Thrusters

# Weeks 5 & 6



## Workout #3

### CIRCUIT #1

- 10 Physioball Knee Tucks
- 10 yards of Alligator Walk
- 10 – each side - Physioball Knee Rotations
- 10 Frog Jumps

### CIRCUIT #2

- 20—each side—Kettlebell Clean & Press
- 10 Medicine Ball Sit-up Stand-up Slams
- 20—each side—Kettlebell Press (no Clean, just press up from your shoulder)
- 10 Burpees
- 20 Kettlebell swings
- 10 Air Squats
- X1

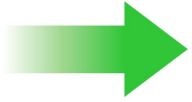
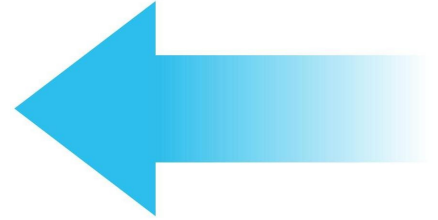
### CIRCUIT #3

- 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—Twist Knees to Elbows (touch knee to opposite elbow)

### CIRCUIT #4 (bonus)

- Run 150 yards
- 1 minute Physioball Balance

# Weeks 5 & 6



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## Workout #4

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### CIRCUIT #1

25 Hindu Push-ups

50 Air Squats

25 Elbow Crunches (touch elbows to opposite knee each sit up)

25 Ankle Jumps

25 Split Squat Jumps

25 Hindu Push-ups

10 Chin-ups

5 Pull-ups

25 Elbow Crunches

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

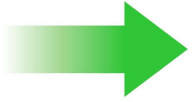
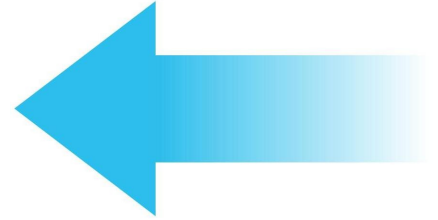
### Bonus 100

50 Side Step Push-ups

50 Burpees



# Weeks 7 & 8



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## Workout #1

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### CIRCUIT #1

15 Reps, 9 Reps, 6 Reps

Kettlebell Swings

Medicine Ball Sit-up Stand-up Slams

### CIRCUIT #2

30 seconds each of the following exercises

Hindu Push-ups

Alligator Walk

Knees to Elbows

X4

### CIRCUIT #3

10 Pull-ups

10 Kettlebell Clean & Press

X2

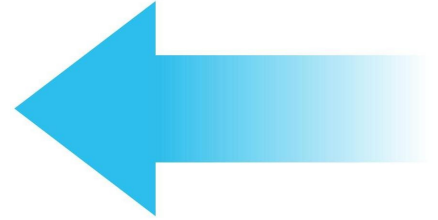
### CIRCUIT #4

20 seconds of Air Squats, followed by 10 seconds rest

Repeat for a total of 8 rounds

Air Squats

# Weeks 7 & 8



## Workout #2

### CIRCUIT #1

5 Burpees

5 Pull-ups

5 Tuck Burpees

5 Squat Jumps

5 Core Burpees

5 Chin-ups

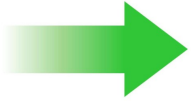
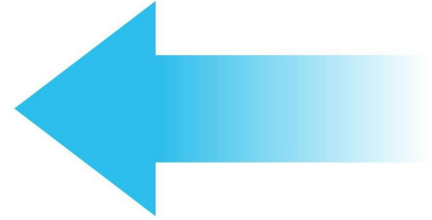
5 Burpees

5 Push-ups

5 Core Burpees

X 4 (rest as much as you need between rounds)

# Weeks 7 & 8

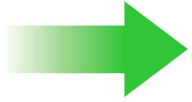
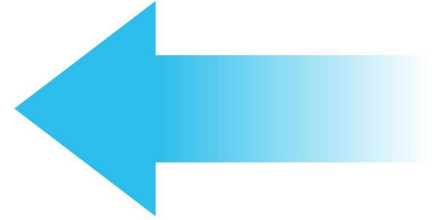


## Workout #3

### CIRCUIT #1

- 10 Push-ups
  - 10—each side—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—Cossack Squat
  - 10 Air Squats
  - 10 Spiderman Push-ups
  - 10—each side—V-Sit Twists
  - 10 Lunge Walks
  - 10 Push-ups
- X1

# Weeks 7 & 8



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## Workout #4

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### CIRCUIT #1

4 Inchworms

10—each side—Lower Russian Twist

X1

### CIRCUIT #2 “Kettlebell Power of 10”

Do 10 Kettlebell Swings after each of the following:

10—each side—Brazilian Crunch

50 Leg Raises

10 Sit-up Stand-up Tuck Jumps

10 Burpees

50 Scissor Kicks

10—each side—Twist Push-ups

X1

### CIRCUIT #3 “Physioball Power of 30”

Do 30 seconds balance on a Physioball after each of the following:

30 Air Squats

30—each side—Slaloms

30 Siamese Squats

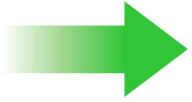
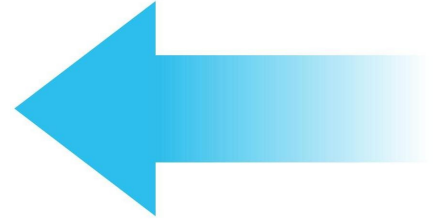
30 Tuck Jumps

30 Quad Squats

30 Pike Push-ups

X1

# Weeks 9 & 10



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## Workout #1

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### CIRCUIT #1

20 Medicine Ball Sliders

20 Medicine Ball Sit-up Stand-up Slams

X2

### CIRCUIT #2

15 Kettlebell Swings

15 Medicine Ball Thrusters

15 Kettlebell Swings

15 Burpees

15 Kettlebell Swings

15—each side—Kettlebell Clean & Press

X2

### CIRCUIT #3

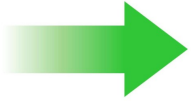
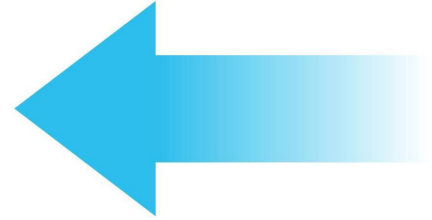
30 reps, 20 reps, 10 reps

Medicine Ball Lunge Twists

Medicine Ball Push-ups (both hands on the MB)

Burpees

# Weeks 9 & 10



## Workout #2

### CIRCUIT #1

30 Air Squats

10 Physioball Push-ups (hands on the ball)

30 Quad Squats

10 Physioball Push-ups (feet on ball, hands on ground)

30 Burpees

10 Physioball Push-ups (hands on the ball)

30 Siamese Squats

10 Physioball Push-ups (feet on ball, hands on ground)

X1

### CIRCUIT #2

All done on the Physioball, 10 reps each leg/side

Lateral Roll

1 Leg Knee Tuck

Leg Rotation

Russian Twist

Knee Tuck Rotation

X4

### CIRCUIT #3

30 seconds each exercise

Side Bridge (left side)

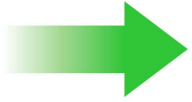
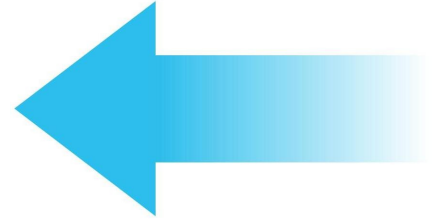
Physioball Bridge (heels on ball)

Side Bridge (right side)

Physioball Balance

X3

# Weeks 9 & 10



## Workout #3

### CIRCUIT #1

30 seconds each exercise

Physioball Balance

Physioball Mountain Climbers

Side Plank

Nose to Ground

X2

### CIRCUIT #2

20 Push-ups

10—each side—Physioball Leg Rotation

20—each side—Medicine Ball 1 Leg Dips (hands on ball behind you)

30 Box Jumps

10 Inchworm

X1

### CIRCUIT #3

20 Medicine Ball Slams

10—each side—Physioball Knee Tuck

10—each side—Medicine Ball Lunge Twists

20 Frog Jumps

10 Plyometric Push-ups

X1

### CIRCUIT #4

10 Medicine Ball Slams

10 seconds Stutter Steps

10 Slaloms

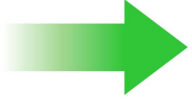
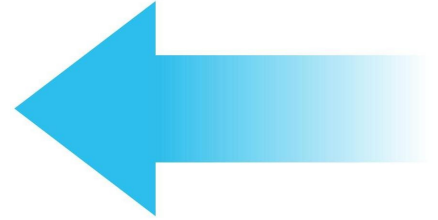
10 Ankle Jumps

10 Tuck Jumps

Run 100 feet and back

X4

# Weeks 9 & 10



## Workout #4

### CIRCUIT #1

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 Uneven Push-ups

Sabertooth Walk

10 Kettlebell Swings

Frog Jumps

10 Knees to Elbows

Alligator Walk

10 Medicine Ball Thrusters

Spiderman Crawl (close enough to an animal)

10 Physioball Push-ups (feet on ball)

Duck Walk

10 Physioball Knee Rotation

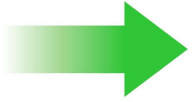
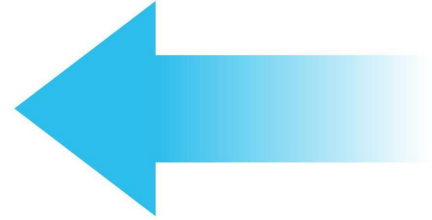
Bear Walk or Wild Bear Walk

10 Push-ups

X2



# Weeks 11 & 12



## Workout #1

### CIRCUIT #1

Air Squats – 30

Burpees – 20

Close Grip Push-ups – 20

Dive Bombers – 10

Explosive Push-ups on the Physioball – 10

Frog Jumps – 10

Grasshopper Push-up – 10 each side

Hindu Push-ups – 10

Inchworm – 10

Jump Pull-ups – 20

Kettlebell Swings – 30

Lunge Twists with Medicine Ball – 10 each side

Muslim Prays – 10

Nine Pull-ups

One Arm Push-up – 3 each side

Pistons with Kettlebell – 10

Quad Squats – 25

Russian Twist on Physioball – 10 each side

Squats with Kettlebell – 10

Twist Push-up – 10 each side

Uneven Push-ups – 10 each side

V-Sit Twists with Medicine Ball – 20 each side

Wide Grip Push-ups – 30

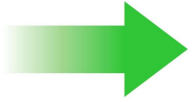
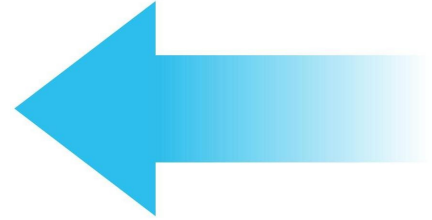
X number of Pull-ups (as many as you can do without dropping)

Your choice of Burpee – 10

Zero Burpees (enjoy the freebie)

x1

# Weeks 11 & 12



## 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 Clean & Press

10 Medicine Ball Plyometric Push-ups

5—each side—Pistols (1 Leg Squat)

10—each side—Medicine Ball Sliders

5 Sprawls

10—each side—Side Bridge Knee Tucks

X4

### CIRCUIT #3

20 sec Plank 1 Arm Touches (alternate arms)

10 Push-ups

20 sec Physioball Bridge

10 Push-ups

X2

### CIRCUIT #4 (The “Log Roll” circuit)

Roll from 1 exercise into the next

10 Scissor Kicks

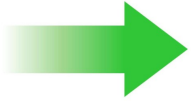
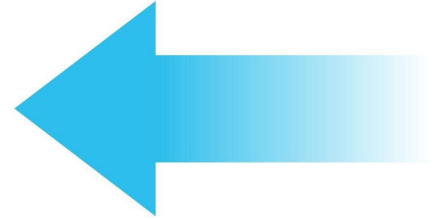
10 Push-ups

10 Leg Raises

10 Push-ups

Repeat until exhausted (at least 2 rounds)

# Weeks 11 & 12



## Workout #3

### CIRCUIT #1

Close Grip Push-ups

Kettlebell Swings

Burpees

21 reps, 15 reps, then 9 reps

### CIRCUIT #2

5—each side—Kettlebell Clean & Press

5—each side—Pistols

5 Sit-up Stand-up Tuck Jumps

5—each side—Kettlebell Uppercuts

5 Physioball Push-ups (feet on ball)

5—each side—Kettlebell 1 Leg Dips

5 Aztec Push-ups

5—each side—Physioball 1 Leg Sit-ups

5—each side—Uneven Push-ups

5 Sprawls

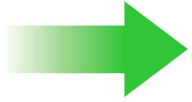
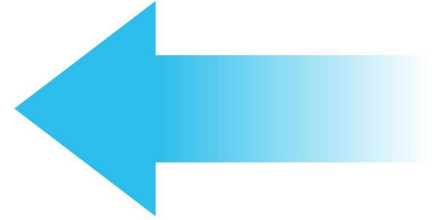
X3

### CIRCUIT #3

3 minutes non-stop exercises

rotate between Slaloms, Ice Skaters, Tuck Jumps, Air Squats, Squat Jumps, Leg Raises, Scissor Kicks, Lateral Bound, Lunge Walk

# Weeks 11 & 12



## Workout #4

### CIRCUIT #1

- 10—each side—Physioball Leg Rotation
- 10 Chin-ups
- 10—each side—1 Leg Physioball Push-up (feet on the ball)
- 10 Siamese Squats
- 10—each side—Physioball Knee Rotation
- 10 Burpees

### POWER OF TEN – PUSH-UPS (10 after each exercise below)

- 10—each side—Leg Swoops
- 10—each side—Physioball Lateral Rolls
- 10 Sit-up, Stand-up Tuck Jumps
- 10—each side—1 Leg Physioball Sit-ups
- 10 Sprawls
- 10—each side—Physioball Mountain Climbers
- 10 Frog Jumps

### POWER OF TEN – AIR SQUATS (10 after each exercise below)

No rest in between exercises, 1 minute rest between rounds

- 10—each side—Twist Push-ups
  - 1—each side—Physioball Russian Twists
  - 10—each side—Side Lunges
  - 10—each side—1 Leg Physioball Knee Tuck
- X2

### POWER OF TEN – PIKE PUSH-UPS (10 after each exercise below)

No rest between exercises, 1 minute rest between rounds

- 10 Dips
  - 10 Quad Squats
  - 10 Pull-ups
  - 10 Muslim Prays
- X2