K-Fit

Your introduction to Kemme Fitness

12 week Functional Fitness program for beginners
Why K-Fit?

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.

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 |
| Tues| 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 cannot 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.

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. Kemme Fitness 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

Workout #1

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

Workout #2

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

Workout #3

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

Workout #4

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 Lunge
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
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

Workout #1

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

Workout #2

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 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**

**Workout #4**

**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

Workout #1

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

Workout #4

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

Workout #1

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
×4

CIRCUIT #3
20 sec Plank 1 Arm Touches (alternate arms)
10 Push-ups
20 sec Physioball Bridge
10 Push-ups
×2

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)
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