



## **12 Week Program for the CKT Level 1 Fitness Test - Men**



## **12 week Training program for CKT Level 1 Fitness Test:**

### **Men:**

#### **Week 1: 12kg**

Day 1: 12kg x 100 Hand-hand Swings

Day 2: 12kg x 16 reps per hand AND 2 min per hand (4 min total non-stop/8 rep per min) 1 arm Clean & Press (or Clean and Push/Press)

Day 3: 12kg x 30 each hand Snatch

Day 4: 12kg x 30 Full Squats (Below parallel) AND 2 min (15 rep per min)

#### **Week 2: 12kg**

Day 1: 12kg x 100 Hand-hand Swings, then 12kg x 16 reps per hand AND 2 min per hand (4 min total non-stop/8 rep per min) 1 arm Clean & Press (or Clean and Push/Press) - no rest between exercises

Day 2: REST

Day 3: 12kg x 30 each hand Snatch, then 12kg x 30 Full Squats (Below parallel) AND 2 min (15 rep per min)- no rest between exercises

Day 4: 16kg: Hand-hand Swings 50 reps

#### **Week 3: 12kg**

Day 1: 12kg x 100 Hand-hand Swings, then 12kg x 16 reps per hand AND 2 min per hand (4 min total non-stop/8 rep per min) 1 arm Clean & Press (or Clean and parallel) AND 2 min (15 rep per min) ---no rest between exercises

Day 2: REST

Day 3: 16kg x 60 Hand-to-hand Swings, rest 1:00, 16kg x 9 reps per hand AND 1 min per hand (2 min total non-stop/9 rep per min) 1 arm Clean & Press (or Clean and Push)

Day 4: REST

Push/Press), then 12kg x 30 each hand Snatch, then 12kg x 30 Full Squats (Below

#### **Week 4: 16kg**

Day 1: 16kg x 100 Hand-hand Swings

Day 2: 16kg x 16 reps per hand AND 2 min per hand (4 min total non-stop/8 rep per min) 1 arm Clean & Press (or Clean and Push/Press)

Day 3: REST

Day 4: 16kg x 30 each hand Snatch

Day 5: 16kg x 30 Full Squats (Below parallel) AND 2 min (15 rep per min)

### **Week 5: 16kg**

Day 1: 16kg x 100 Hand-hand Swings, then 16kg x 16 reps per hand AND 2 min per hand (4 min total non-stop/8 rep per min) 1 arm Clean & Press (or Clean and Push/Press) - no rest between exercises

Day 2: REST

Day 3: 16kg x 30 each hand Snatch, then 16kg x 30 Full Squats (Below parallel) AND 2 min (15 rep per min)- no rest between exercises

Day 4: 20kg: Hand-hand Swings 50 reps

### **Week 6: 16kg**

Day 1: 16kg x 120 Hand-hand Swings

Day 2: 16kg x 20 reps per hand AND 2 min per hand (10 rep per min-rest 1 min between hands) 1 arm Clean & Press (or Clean and Push/Press)

Day 3: REST

Day 4: 16kg x 15 each hand Snatch x 4 sets – rest 1 min between sets

Day 5: 16kg x 15 Full Squats (Below parallel) x 4 sets- rest 1 min between sets

### **Week 7: 16kg**

Day 1: 16kg x 100 Hand-hand Swings, then 16kg x 16 reps per hand AND 2 min per hand (4 min total non-stop/8 rep per min) 1 arm Clean & Press (or Clean and Push/Press), then 16kg x 30 each hand Snatch, then 16kg x 30 Full Squats (Below parallel) AND 2 min (15 rep per min) ---no rest between exercises

Day 2: REST

Day 3: 20kg x 60 Hand-to-hand Swings, rest 2:00, 20kg x 9 reps per hand AND 1 min per hand (2 min total non-stop/9 rep per min) 1 arm Clean & Press (or Clean and Push)

Day 4: REST

### **Week 8:**

Day 1: 20kg x 2 hand Swing x 30, rest 1 min, x 20, rest 30 sec, x 10

Day 2: 20kg x 5 each arm x 5 sets, rest 1 min between sets – 1 arm Clean & Press (or Clean & Push/Press)

Day 3: REST

Day 4: 20kg x 10 each arm Snatch x 3 sets, rest 1 min between sets; rest 3 min, 12kg x 50 each arm Snatch

Day 5: 20kg x 10 Full Squats (Below parallel) x 3 sets – rest 1 min between sets

### **Week 9: 20kg**

Day 1: 20kg x 80 Hand-hand Swings

Day 2: 20kg x 16 reps per hand AND 2 min per hand (8 rep per min-rest 1 min between hands) 1 arm Clean & Press (or Clean and Push/Press)

Day 3: REST

Day 4: 20kg x 15 each hand Snatch x 3 sets – rest 1 min between sets

Day 5: 20kg x 15 Full Squats (Below parallel) x 3 sets- rest 1 min between sets

### **Week 10: 20kg**

Day 1: 20kg x 100 Hand-hand Swings

Day 2: 20kg x 16 reps per hand AND 2 min per

hand (4 min total non-stop/8 rep per min) 1 arm Clean & Press (or Clean and parallel) 2 min (15 rep per min) ---no rest between exercises

Day 3: REST

Day 4: 20kg x 30 each hand Snatch, rest 4 min, 16kg x 35 each hand Snatch

Day 5: 30kg x 30 Full Squats (Below Parallel) AND 2 min (15 reps per min)

### **Week 11:**

Day 1: Hand-to-Hand Swing: 16kg x 30, rest 1 min, 20kg x 30, rest 1 min, 24kg x 40; rest 4 min; 24kg x 5 each arm x 4 sets 1 arm Clean & Push/Press

Day 2: REST

Day 3: Snatch: 16kg x 10 each hand, rest 1 min, 20kg x 10 each hand, rest 2 min, 24kg x 5 each hand x 5 sets, rest 4 min, Front Squat: 24kg x 10 x 3 sets, rest 1 min between sets

Day 4: Hand-hand-Swing: 16kg x 20, rest 1 min, 20kg x 20, rest 1 min, 24kg x 50, rest 1 min, 24kg x 40, rest 1 min, 24kg x 30, rest 1 min, 24kg x 20, rest 1 min, 24kg x 10

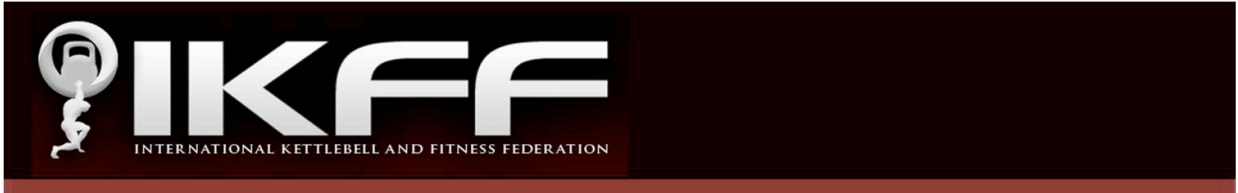
### **Week 12: 20kg Fitness test**

Day 1: 16kg x 100 Hand-hand Swings, then 16kg x 16 reps per hand AND 2 min per hand (4 min total non-stop/8 rep per min) 1 arm Clean & Press (or Clean and Push/Press), then 16kg x 30 each hand Snatch, then 16kg x 30 Full Squats (Below parallel) AND 2 min (15 rep per min) ---no rest between exercises

Day 2: REST

Day 3: REST

Day 4: Fitness Test: 20kg x 100 Hand-hand Swings, then 20kg x 16 reps per hand AND 2 min per hand (4 min total non-stop/8 rep per min) 1 arm Clean & Press (or Clean and Push/Press), then 20kg x 30 each hand Snatch, then 20kg x 30 Full Squats (Below parallel) AND 2 min (15 rep per min) ---no rest between exercises



**\*Congratulations, you have completed the preparation period for the CKT Level 1 Fitness Test component. If you have completed this far and still have a few weeks or more until the date of your Level 1 CKT course, the strategy is to maintain your fitness by working an assortment of Level 1 exercises in Circuit fashion, ranging from 16kg, 20kg and/or 24kg. Do not push too much, as you want to be well-rested and focused for the upcoming grueling CKT course. See you soon!**