

EMOM 'NO JUANITA' PROGRESSION IS KEY!



CAVEMAN TRAINING

WARM-UP

- 5 star jumps
- 5 'any' push-ups
- 5 squats

5 rounds

1RM

- 1rm left shoulder press
- 1rm right shoulder press
- 1rm barbell bicep curl
- 1rm front squat

EMOM ROUND

- 3 reps double kettlebell dead swing clean and press
- 3 to 4 barbell dead bicep curl
- 3 to 4 front squat
- 1 full minute of rest

23 minutes or 6 rounds

COOL DOWN AND STRETCH

Skill level Intermediate

Execution

Double Kettlebell Dead Swing Clean and Press

You start with the kettlebells dead on the ground, brace your core, squeeze your glutes, activate your delts, lats, swing the bells between your legs, clean them up, then press them up to full lockout, hold for a second, slowly lower the kettlebells and return them to starting position the same way they came up. Repeat for 3 times.

Barbell Dead Bicep Curl

The barbell is dead on the group upon each rep, you lift the bar with a hip hinge dead lift, feet outside the hips or shoulder width, core braced, shoulders back, everything aligned, elbows pulled into the ribs, focus on keeping them there during the movement, keep the wrists straight, perform the curl, split second pause at top of the curl, slowly release back down and to the ground.

Double Kettlebell Front Squat

You start with one clean to racked position, fingers interlocked, feet outside hip width (full details on the squat in video below), core braced, slowly pull yourself down, stop before hitting maximum depth and push back up. You can rest in racking position, in fact, if you need to work on your racking then work this into the program and spend some time in racking position.

Video <https://www.youtube.com/watch?v=Tx4Z2iSepIc>
Squat video

<https://www.youtube.com/watch?v=BwnLSB8SjrQ>

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