

# SKOGG System Kettlebell Workout Calendar

|         | Monday   | Tuesday    | Wednesday  | Thursday   | Friday  | Saturday  | Sunday |
|---------|--|------------|------------|------------|---------|-----------|--------|
| Week 1  | SKOGG 101  | Stretch    | Roots 1    | Stretch    | Roots 1 | Stretch   | REST   |
| Week 2  | Roots 1  | Stretch    | Interval 1 | Stretch    | Roots 2 | Stretch   | REST   |
| Week 3  | Roots 2  | Interval 1 | Stretch    | Interval 2 | Roots 2 | Stretch   | REST   |
| Week 4  | Interval 2   | Ladder 1   | Stretch    | Roots 2    | Roots 2 | Stretch   | REST   |
| Week 5  | Roots 2  | Ladder 2   | Stretch    | Interval 2 | Flow 1  | Stretch   | REST   |
| Week 6  | Roots 2  | Interval 2 | Stretch    | Ladders 2  | Flow 2  | Stretch   | REST   |
| Week 7  | Roots 2  | Interval 3 | Stretch    | Ladders 3  | Flow 3  | Stretch   | REST   |
| Week 8  | Roots 3  | Interval 3 | Stretch    | Ladders 3  | Flow 3  | Stretch   | REST   |
| Week 9  | Interval 3   | Stretch    | Ladders 3  | Stretch    | Flow 3  | Roots 3   | REST   |
| Week 10 | Roots 4  | Stretch    | Roots 4    | Interval 4 | Stretch | Ladders 4 | REST   |
| Week 11 | Flow 4   | Stretch    | Roots 4    | Interval 4 | Stretch | Ladders 4 | REST   |
| Week 12 | Continue to Rotate Level 4's as Desired. 4 Workouts Per Week |            |            |            |         |           |        |