

### Kettlebell Mass Template by Senior RKC, Robert Miller

	Monday		Rep	%	Tempo		Tuesday	Sets	Rep	%	Tempo
	Upper Pull/Lower Push						Upper Push/Lower Pull				
<b>1A</b>	Weighted Pull Up	4-6	8,6,4	75%-85%	2-1-2	<b>1A</b>	DBL Clean & Press	4-6	8,6,4	75%-85%	3-1-3
<b>1B</b>	Double Front Squat	4-6	10,8,6,4	75%-85%	3-2-2	<b>1B</b>	Single Leg Deadlift	4-6	10,8,6,4	75%-85%	3-1-2
<b>2A</b>	Renegade Row	4-6	12, 10, 8		2-1-2	<b>2A</b>	See Saw Press	4-6	12, 10, 8		2-1-2
<b>2B</b>	Racked Back Lunges	4-6	20, 18, 16		2-1-1	<b>2B</b>	DBL KB Deadlift	4-6	10,8,6,4	85%-105	5-1-2
<b>3</b>	Finisher					<b>3</b>	Finisher				
	Thursday	Sets	Rep	%	Tempo		Friday	Sets	Rep	%	Tempo
	Upper Pull/Lower Push						Upper Push/Lower Pull				
<b>1A</b>	Double Front Squat	4-6	8,6,4...	75%-85%	3-2-2	<b>1A</b>	DBL KB Deadlift	4-6	8,6,4...	75%-85%	5-1-2
<b>1B</b>	Pull Up/weighted	4-6	10,8,6,4	BW-95%	2-1-2	<b>1B</b>	Bent Press	4-6	5,3,2,1	85%-105	1-2-2
<b>2A</b>	Racked Back Lunges	4-6	12, 10, 8		2-1-1	<b>2A</b>	Single Leg Deadlift	4-6	12, 10, 8		3-1-2
<b>2B</b>	Renegade Row	4-6	20, 18, 16		2-1-2	<b>2B</b>	See Saw Press	4-6	20, 18, 16		2-1-2
<b>3</b>	Finisher					<b>3</b>	Finisher				