

CronusFit KB and DB

Different equipment, same movement - this program is going to increase the stability of your major lifts, introduce an element of the unknown, and tax your energy systems moreso than the traditional program(s).

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Strength KB SA Clean and Press 4x8 Dual DB High Pull 4x12 KB Front Rack SQT 4x12 Accessory KB Halo 4x8 KB Turkish Get Up 5x5 Conditioning 100 Burpees For Time	Strength DB Step Up 4x8 DB Reverse Lunge 4x12 SL RDL 4x12 Accessory DB Bentover Row 5x8 DB Windmill 5x8 Conditioning 2.5 Mile Run	Strength Dual KB Snatch 4x8 Dual KB DL 4x12 Lunge 4x12 Accessory Dual KB Bench Press 5x8 KB Z Press 5x8 Conditioning 6x500m Repeats 1:1	Strength SA DB OHS 4x8 DB Thrusters 4x12 HVY American KBS 4x12 Accessory WB Clean 5x8 DB Concentration Curl 5x8 Conditioning Kit Run - 2 Miles	Strength KB OH Walking Lunge 4x8 KB Sit and Press 4x12 KB Hang Clean 4x12 Accessory KB Skull Crusher 5x8 Banded Push Up 5x20 Conditioning 10k Row For Time
Week 2	Strength KB SA Clean and Press 4x8 Dual DB High Pull 4x12 KB Front Rack SQT 4x12 Accessory KB Shrugs 4x8 KB SL SQT to Bench 5x5 Conditioning 150ft Jacobs Ladder + 75x 12 AMRAP	Strength DB Step Up 4x8 DB Reverse Lunge 4x12 SL RDL 4x12 Accessory DB GM 5x8 WTD Pull Ups 5x8 Conditioning 3 Mile Run	Strength Dual KB Snatch 4x8 Dual KB DL 4x12 Lunge 4x12 Accessory WTD Dips 5x8 KB Flys 5x8 Conditioning 10x300m Repeats 1:2	Strength SA DB OHS 4x8 DB Thrusters 4x12 HVY American KBS 4x12 Accessory DB Curl + Reverse Press 5x8 Preacher Curl 5x8 Conditioning 6 Mile Ruck w/5gal Watercan For Time	Strength KB OH Walking Lunge 4x8 KB Sit and Press 4x12 KB Hang Clean 4x12 Accessory KB Floor Press 5x8 20m Inch Worm 5x20 Conditioning AAB Intervals Max/Easy (4x) :10/1:50, :20/1:40, :30/1:30, :40/1:20
Week 3	Strength KB SA Clean and Press 4x8 Dual DB High Pull 4x12 KB Front Rack SQT 4x12 Accessory KB Halo 4x8 KB Turkish Get Up 5x5 Conditioning 150 Wall Balls For Time	Strength DB Step Up 4x8 DB Reverse Lunge 4x12 SL RDL 4x12 Accessory DB Bentover Row 5x8 DB Windmill 5x8 Conditioning 3.5 Mile Run	Strength Dual KB Snatch 4x8 Dual KB DL 4x12 Lunge 4x12 Accessory Dual KB Bench Press 5x8 KB Z Press 5x8 Conditioning 6x600m Repeats 1:1	Strength SA DB OHS 4x8 DB Thrusters 4x12 HVY American KBS 4x12 Accessory Sandbag Shoulder Toss 5x8 Spider Curl 5x8 Conditioning 10x Dumbbell Thruster + 40cal AAB + 10x GHD Sit 30 AMRAP	Strength KB OH Walking Lunge 4x8 KB Sit and Press 4x12 KB Hang Clean 4x12 Accessory Banded Pull Up 5x8 Tricep Kick Back 5x20 Conditioning 2k Ft Jacobs Ladder
Week 4	Strength Turkish Get-up 4x8 Dual Arm KB OHS 4x12 Accessory KB Power Clean 5x10 KB Gorilla Shrugs 5x10 Conditioning 21-15-9 Power Snatch / 50- For Time 40-30 Burpees	Strength KB Sumo Deadlift 4x8 Tempo Step Up 4x12 Single Leg Glute Ham Bridge 4x12 Accessory Abmat Situp 5x20 Barbell Reverse Curl 5x10 Conditioning 2.5 Mile Tempo Run	Strength DB Landmine Press 4x8 DB Clean Deadlift 4x12 Goblet Squat 4x12 Accessory Single Raise Caif Raise 5x10 Banded Good Morning 5x10 Conditioning 10x400m Repeats 1:1	Strength Heavy Kettlebell Swings 4x8 Overhead Lunge 4x12 Accessory Handstand Hold 5min Conditioning Kit Walk in Sand 10Miles	Strength Z Press 4x8 Single Leg Romanian DL 4x12 DB Curl + Push Press 4x12 Accessory DB Single Arm Alt. Bench 5x10 Conditioning 30min Row Max Effort
Week 5	Strength Turkish Get-up 4x8 Dual Arm KB OHS 4x12 Accessory Banded PVS Row 5x10 Tricep Kick Back 5x20 Conditioning 150 Wall Ball Cleans + Wall Ball Shot For Time	Strength KB Sumo Deadlift 4x8 Tempo Step Up 4x12 Single Leg Glute Ham Bridge 4x12 Accessory GHD Sit Ups 4x25 Conditioning 3 Mile Tempo Run	Strength DB Landmine Press 4x8 DB Clean Deadlift 4x12 Goblet Squat 4x12 Accessory Caif Raise 5x10 Lateral Lunge 5x10 Conditioning 6x700m Repeats 1:2	Strength Heavy Kettlebell Swings 4x8 Overhead Lunge 4x12 Accessory KB Halo 5x10 Conditioning 8 Mile Ruck #55	Strength Z Press 4x8 Single Leg Romanian DL 4x12 DB Curl + Push Press 4x12 Accessory Incline DB Bench 5x10 Conditioning Assault Bike 40min

Week 6	Day 1		Day 2		Day 3		Day 4		Day 5	
	Strength	Turkish Get-up 4x8 Dual Arm KB OHS 4x12	Strength	KB Sumo Deadlift 4x8 Tempo Step Up 4x12 Single Leg Glute Ham Bridge 4x12	Strength	DB Landmine Press 4x8 DB Clean Deadlift 4x12 Goblet Squat 4x12	Strength	Heavy Kettlebell Swings 4x8 Overhead Lunge 4x12	Strength	Z Press 4x8 Single Leg Romanian DL 4x12 DB Curl + Push Press 4x12
	Accessory	Wide Grip Pull Up 5x10 Skull Crushers 5x10	Accessory	Abmat Situp 5x20 Barbell Curl 5x10	Accessory	Calf Raise 5x10 Banded Good Morning 5x10	Accessory	Handstand Hold 5min	Accessory	WB Shots 5x20 Push Ups 5x20
	Conditioning	21-18-15-12-9-6-3 Wall Ball + Burpee + 3x Double Under	Conditioning	3.5 Mile Tempo Run	Conditioning	10x500m Repeats 1:1	Conditioning	2-Mile Run in Kit + 2k Row + 150 Tire Strick + 1k Row + 1-Mile Kit Run	Conditioning	500-400-300-200-100ft Jacobs Ladder Intervals 2min
Week 7	Day 1		Day 2		Day 3		Day 4		Day 5	
	Strength	Power Clean 8/8/6/6 Bentover Row 4x10 Bench 4x8	Strength	Deadlift 4x8 Good Morning 4x12 Banded Pull Up 4xMax	Strength	Strict Shoulder Press 8/8/6/6 Upright Row 3x12 Handstand Hold 5min	Strength	Rest	Strength	Front Squat 8/8/6/6 Decline Bench 8/8/6/6 Barbell Step Down 4x10
	Accessory	Scap Pull Ups 4x10 Leg Raises 4x30	Accessory	GHD Situp 4x25 Hammer Curl 4x12	Accessory	Dragonfly 100 Overhead Tricep 5x10	Accessory	Rest	Accessory	Barbell Front Raise 5x10 Burpee Box Jump 5x20
	Conditioning	19.1 15AMRAP 19xWB #20 +19cal Row	Conditioning	3 Mile Easy Run	Conditioning	3x 1200m Repeat 1:2	Conditioning	8 Mile Ruck w/WPN and #55 Drink 1QT every 2-Miles	Conditioning	3 Mile Run then 6RFT 15xAr SQT + 10x Push Up + 5xPull Up + 10x WBs + 15x Dips
Week 8	Day 1		Day 2		Day 3		Day 4		Day 5	
	Strength	DB Bench 5x10 DB Bentover Row 5x10	Strength	Deadlift 5x10 Lateral Step Up #35 5x10	Strength	Good Morning 5x10 DB Power Clean AHAP 4x8	Strength	Single Arm DB OHS 5x8 Wide Stance Single KB Thruster 5x10 (Hold like Goblet SQT)	Strength	Lunge 400m DB Romanian DL 5x10 Reverse Hyper 5x10
	Accessory	GHD Sit Up 100	Accessory	Tempo Chinups 5x10 Wall Ball Shot #20 75	Accessory	Z Press 4x12	Accessory	Plank 5min Crunch 5x20	Accessory	Push Up (Perfect) 100 Overhead Tricep Ext. 5x12
	Conditioning	40 EMOM 1) 15x Ball Slam #40 2) 18cal AAB 3)21 KBS 60+ 4)18WB Clean 5)15sec Handstand	Conditioning	5-Mile Run For Time	Conditioning	8x400m Repeats + 25 Burpee	Conditioning	500x Double Under - 40cal Row - 30 Power KB Snatch #45 - 20 Turkish Get Up - 10 Muscle Up	Conditioning	24AMRAP 500m Row + 30m Farmer Carry + 10x Single Arm DB Clean and Press #70-100