



## Program Overview:

Kick Start 4 is a 4-week trainer consisting of Olympic style lifts and plyometric exercises to gradually increase your power and strength over the duration of the program.

Each week you'll have 4 workouts: Cardio/Abs, Legs, Upper Body, and Full Body. As the weeks progress, you'll be increasing your rep range, as noted on the program. A gradual increase of repetitions over the course of 4 weeks will help improve your overall athletic endurance and strength for longer, better, more powerful workouts.

### WEEK 1

CARDIO ABS	LEGS	UPPER BODY	FULL BODY
15 Sit Ups 15 Kettle Bell Swings 10 Box Jumps  12 Sit Ups 12 Kettle Bell Swings 10 Box Jumps  10 Sit Ups 10 Kettle Bell Swings 8 Box Jumps  10 Sit Ups 10 Kettle Bell Swings 6 Box Jumps	8 Deadlifts 8 Squats 12 Verticle Jumps 2-Minute Sprint  8 Deadlifts 8 Squats 10 Vertical Jumps 2-Minute Sprint  8 Deadlifts 8 Squats 8 Vertical Jumps 2-Minute Sprint	8 Hammer Curls 8 Assisted Pull-Ups 8 Clean & Press 8 Upright Rows 8 Burpee Push-Ups Repeat 4x	400 Meter Run  10 Squats 10 Push-Ups 10 Wall Balls 10 Russian Twists 10 High Knees 10 Barbell Rows 10 Weighted Lunges 10 Push-Ups 10 Wall Balls  400 Meter Run

### WEEK 2

CARDIO ABS	LEGS	UPPER BODY	FULL BODY
20 Sit Ups 20 Kettle Bell Swings 12 Box Jumps  18 Sit Ups 18 Kettle Bell Swings 12 Box Jumps  15 Sit Ups 15 Kettle Bell Swings 10 Box Jumps  12 Sit Ups 12 Kettle Bell Swings 8 Box Jumps	10 Deadlifts 10 Squats 15 Verticle Jumps 2-Minute Sprint  10 Deadlifts 10 Squats 12 Vertical Jumps 2-Minute Sprint  10 Deadlifts 10 Squats 10 Vertical Jumps 2-Minute Sprint	10 Hammer Curls 10 Assisted Pull-Ups 10 Clean & Press 10 Upright Rows 10 Burpee Push-Ups Repeat 4x	400 Meter Run  12 Squats 12 Push-Ups 12 Wall Balls 12 Russian Twists 12 High Knees 12 Barbell Rows 12 Weighted Lunges 12 Push-Ups 12 Wall Balls  400 Meter Run

# KICK START 4

POWER / STRENGTH TRAINER

## WEEK 3

CARDIO ABS	LEGS	UPPER BODY	FULL BODY
25 Sit Ups 25 Kettle Bell Swings 15 Box Jumps  22 Sit Ups 22 Kettle Bell Swings 15 Box Jumps  20 Sit Ups 20 Kettle Bell Swings 12 Box Jumps  15 Sit Ups 15 Kettle Bell Swings 10 Box Jumps	12 Deadlifts 12 Squats 18 Vertical Jumps 3-Minute Sprint  12 Deadlifts 12 Squats 15 Vertical Jumps 3-Minute Sprint  12 Deadlifts 12 Squats 10 Vertical Jumps 2-Minute Sprint	10 Hammer Curls 10 Assisted Pull-Ups 10 Clean & Press 10 Upright Rows 10 Burpee Push-Ups Repeat 4x	400 Meter Run  12 Squats 12 Push-Ups 12 Wall Balls 12 Russian Twists 12 High Knees 12 Barbell Rows 12 Weighted Lunges 12 Push-Ups 12 Wall Balls  400 Meter Run

## WEEK 4

CARDIO ABS	LEGS	FULL BODY	UPPER BODY
30 Sit Ups 30 Kettle Bell Swings 18 Box Jumps  25 Sit Ups 25 Kettle Bell Swings 18 Box Jumps  22 Sit Ups 22 Kettle Bell Swings 15 Box Jumps  18 Sit Ups 18 Kettle Bell Swings 12 Box Jumps	12 Deadlifts 12 Squats 18 Vertical Jumps 3-Minute Sprint  12 Deadlifts 12 Squats 15 Vertical Jumps 3-Minute Sprint  12 Deadlifts 12 Squats 10 Vertical Jumps 2-Minute Sprint	15 Hammer Curls 15 Assisted Pull-Ups 15 Clean & Press 15 Upright Rows 15 Burpee Push-Ups Repeat 4x	400 Meter Run  18 Squats 18 Push-Ups 18 Wall Balls 18 Russian Twists 18 High Knees 18 Barbell Rows 18 Weighted Lunges 18 Push-Ups 18 Wall Balls  400 Meter Run

**KICK  
START**

**POWER / STRENGTH TRAINER**



**PLEASE NOTE:** All readers are advised to consult their physician before beginning any exercise and nutrition program. BPI Sports and the contributors do not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this program.



## NUTRITION OVERVIEW:

Since the primary goal of Kick Start 4 is to increase power and strength, you need to make sure you eat accordingly. Meal timing and content of your meals are vital components to a successful nutrition plan. Below you will find an example meal plan (with suggested timing) to get you started.

\*\*Keep in mind that portion sizes listed below will vary person-to-person based on weight, height, and gender.

### BREAKFAST (6:00 AM – 8:00 AM)

10 egg whites + 1 or 2 whole eggs  
 1 cup oats  
 2 slices wheat toast + 2 tbsp natural peanut butter

### MID-MORNING (9:00 AM – 10:30 AM)

1-2 scoops Whey HD  
 1 cup unsalted almonds

### LUNCH (11:00 AM – 1:00 PM)

10 oz chicken breast or tilapia  
 1 whole baked potato  
 2 cups steamed asparagus

### MID-AFTERNOON (2:00 PM – 4:00 PM)

10 oz chicken breast or tilapia  
 1 cup brown rice  
 2 cups steamed broccoli

### DINNER (5:00PM – 7:00 PM)

8 oz lean red meat  
 Large salad w/ oil & vinegar  
 1 cup almonds

### BEFORE BED (APPROX. 1 HOUR BEFORE BEDTIME)

10 egg whites + 1 or 2 whole eggs  
 OR  
 2 scoops Whey HD™