

## 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

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

### LEGS

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

### UPPER BODY

10 Hammer Curls  
10 Assisted Pull-Ups  
10 Clean & Press  
10 Upright Rows  
10 Burpee Push-Ups  
Repeat 4x

### FULL BODY

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

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

### LEGS

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

### FULL BODY

15 Hammer Curls  
15 Assisted Pull-Ups  
15 Clean & Press  
15 Upright Rows  
15 Burpee Push-Ups  
Repeat 4x

### UPPER BODY

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

The logo features the words "KICK" and "START" in a bold, sans-serif font. "KICK" is black and "START" is grey, both contained within a white parallelogram. To the right of this is a circular emblem with a blue upper half and a grey lower half, containing a large white number "4". Below the parallelogram, the words "POWER / STRENGTH TRAINER" are written in a bold, black, sans-serif font.

# **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 (5:00 PM – 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™