



Kinsei-Do

The Way of Balanced Strength

White Belt Sample Training Plan #1a - for all tracks (home suitable)

Schedule		Week 1	Week 2	Week 3
Monday	First Workout	Power - #15		Power - #6
	Second Workout	Flexibility - #19		Endurance - #2
	Comment	Make sure you are fully warmed up before a Power workout!		Make sure you are fully warmed up before a Power workout!
Tuesday	First Workout		Endurance - #1	
	Second Workout		There's only one workout today, make it count!	
	Comment			
Wednesday	First Workout	Balance - #14		Strength - #17
	Second Workout	Strength - #4		There's only one workout today, make it count!
	Comment			
Thursday	First Workout		Strength - #5	
	Second Workout		Strength - #4	
	Comment			
Friday	First Workout	Endurance - #10		Strength - #18
	Second Workout	There's only one workout today, make it count!		Flexibility - #19
	Comment			
Saturday	First Workout		Balance - #14	
	Second Workout		Flexibility - #20	
	Comment			
Sunday	First Workout	Balance - #14		
	Second Workout	Flexibility - #20		
	Comment			

Important Notes

- 1) Always warm up properly and thoroughly before the first workout, especially prior to Strength, Endurance, Power and Speed workouts
- 2) This training plan is suitable for all tracks, simply pick the corresponding numbered workout from your track!
- 3) This training plan contains only workouts that do not require any running, therefore all workouts can be done at home!

Go to <http://kinseido.weebly.com/workouts> to see the detailed workout instructions!