



**Kinsei-Do**

The Way of Balanced Strength

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

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