

# Full-Body Kettlebell Workout

## **SINGLE ARM COMPLEX      4-5 ROUND**

3 ONE ARM SWING

3 ONE ARM CLEAN

3 ONE ARM PRESS

3 OHD FORWARD LUNGE

3 RACK BACK LUNGE

3 ONE ARM ROTATION PRESS

3 ONE ARM ROW

3 ONE ARM DEADLIFT

## **RIGHT HAND + LEFT HAND**

**RUN FOR 2 MIN AFTER EVERY ROUND**