

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