

Full-body strength workout

AFAP (AS FAST AS POSSIBLE)

22 push up

22 KB goblet squat

22 KB shoulder press

22 (11+11) KB one arm staggered stance deadlift

22 KB alternating reverse lunges

22 (11+11) KB one arm staggered stance row

22 KB pull

22 jump squat

JOLLY: perform 22 M.CLIMBER + 22 KB SWING before moving on to the next exercise