

# Full-body workout

**1 ROUND – 30 REPS**

**2 ROUND – 20 REPS**

**3 ROUND – 10 REPS**

1. JUMP SQUAT
2. HEAVY CRUNCH
3. KETTLEBELL SWING
4. SIT UP
5. 2 KB/DMBL CLEAN&PRESS
6. M. CLIMBER
7. 2 KB/DMBL BENT OVER ROWS
8. 2 KB/DMBL FORWARD LUNGES
9. ALTERNATING KB/DMBL SNATCH
10. HALF BURPEE