

Kettlebell full body circuit

4 ROUND

60" KETTLEBELL SWING TO GOBLET SQUAT

30" HOLLOW HOLD

60" KETTLEBELL STAGGERED STANCE DEADLIFT TO ROW TO CLEAN – DX

30" SIDE PLANK – DX

60" KETTLEBELL STAGGERED STANCE DEADLIFT TO ROW TO CLEAN- SX

30" SIDE PLANK -SX

30" REST