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