

Kettlebell ladder workout & finisher circuit

KETTLEBELL LADDER

1-2-3-4-5-6-7-8-9-10

DEADLIFT

DEADCLEAN

SWING

SQUAT

REST 2 min

CIRCUIT 30" WORK 15" REST

3-5 ROUND

- CRAWL SHOULDER TAPS TO PLANK ROTATION
- 1 KB/DMBL ALTERNATING CLEAN & PRESS
- 2 KB/DMBL 2 DEADLIFT & 2 BENT-OVER ROW
- 2 KB/DMBL SEESAW THRUSTER
- 4 JUMPING JACK & 4 HIGH KNEE