

# Kettlebell ladder workout

**1 round:** 10 KB thruster

**2 round:** 10 KB thruster + 10 kb swing

**3 round:** 10 KB thruster + 10 kb swing + 10 kb goblet squat

**4 round:** 10 KB thruster + 10 kb swing + 10 kb goblet squat + 10 shoulder press

**5 round:** 10 KB thruster + 10 kb swing + 10 kb goblet squat + 10 shoulder press+

10 kb deadclean

al termine di ogni round esegui la sequenza di 3 esercizi:

3 burpee

5 push up

10 sit up