

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