

# Legs workout

## 4 ROUND

10 PUSH UP

10 KETTLEBELL SWING + 6 GOBLET SQUAT + 10 JUMP SQUAT

6 KETTLEBELL SWING + 4 GOBLET SQUAT + 6 JUMP SQUAT

4 KETTLEBELL SWING + 2 GOBLET SQUAT + 4 JUMP SQUAT

REST 1 MIN and REPEAT 3 MORE ROUNDS

*REST 2 MIN*

## 3 ROUND

5 KB DEADCLEAN TO 2 REVERSE LUNGE

10 KB SUMO DEADLIFT HIGH PULL

20 JUMPING JACK