

Double Kettlebell

Round 1

Perform each move for 40 seconds of work with no rest between moves:

| | Exercise | Work | Rest |
|---------------|---------------------|------|------|
| a | Overhead Presses | 40s | 0s |
| b | Cleans | 40s | 0s |
| c | Front-Loaded Squats | 40s | 0s |
| Rest 1 Minute | | | |

Round 2

Perform each move for 40 seconds of work with no rest between moves:

| | Exercise | Work | Rest |
|---------------|------------------------|------|------|
| a | Suitcase Hinge to Rows | 40s | 0s |
| b | Extended Pushups | 40s | 0s |
| c | Sumo Burpees | 40s | 0s |
| Rest 1 Minute | | | |

That's 1 cycle. Do up to 5 total cycles for a 30-minute workout.

