

Kettlebell

Alternate between 30 seconds of work and 30 seconds of rest for each move.

	Exercise	Work	Rest
1	Banded Swings	30s	30s
2	Goblet Presses	30s	30s
3	Goblet Cleans	30s	30s
4	Threaded Lunges	30s	30s
5	American Snatches	30s	30s
6	Alternating Lateral Lunge to High Pull	30s	30s

That's 1 round that takes 6 minutes to complete.

Perform up to 5 total rounds for a 30-minute workout.

