

KB & DB Base Complex

MOB: Video
3min WGS sequence

KB WU 1:
3RDS
10x Goblet Sqt
10x Kettlebell swings
10 x KB Deadlift

25min Base Complex

15x Swing
5 + 5 Clean Press
15x Swing
10 + 10 SA FSQ
15x Swing
5 + 5 Snatch

Complete 20x KB Sit-ups