

KB Cardio Fusion Workout I

Put in Work! Get It In! No Excuses - June 10th 2017



- ☐ 2 Hand KB Swing - 10-15 Reps x4
- ☐ Right Hand KB Swing - 10-15 Reps x4
- ☐ Left Hand KB Swing - 10-15 Reps x4
- ☐ Right Hand KB Snatch - 10-15 Reps x4
- ☐ Left Hand KB Snatch - 10-15 Reps x4
- ☐ Rest/Stretch 3-5 minutes
- ☐ Alternating Bosu Side Lunge 40secs Work 20secs Rest x5
- ☐ Alternating Bosu Forward Lunge 40secs Work 20secs Rest x5
- ☐ Wall Sit 10secs Work 10secs Rest x5
- ☐ Optional Bonus - 20-30 Minutes of Jogging or Speed Walking