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

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