

VIRTUAL BOOTCAMP DAY 3

Warm up = 30 EACH: Power Jacks, Swing Jumps, Butt Kicks, High Knees

Grab your Kettlebell and get rockin'!

Super-Set 3X

25 SINGLE-ARM SWINGS

25 SINGLE-ARM CLEANS

NO KB? = DO SINGLE LEG GLUTE BRIDGES AND SIDE-PLANK UP-DOWNS

KB FLOW: SWING + REVERSE LUNGE + PRESS 14X, REST, REPEAT 3 SETS

KB FROG HOPS 10X - REPEAT 3X

SUPERSET:

SPLIT-SQUATS 12X/SIDE

ISO SQUAT + 12 BICEP CURLS (W/KB)

BABY SHARK ABS!