WORKOUT OF THE MONTH
COMPLETE EACH CIRCUIT THREE TIMES

1. ROPE 30 SECONDS
2. JUMP ROPE 50 SINGLE UNDERS
3. KETTLEBELL SWINGS 21 - 15 - 9
4. SPRINT ON CURVE 30 SECONDS

BURPEES BOX JUMP 12 JUMPS
LOW BODY ROW 12 ROWS
TURKISH - GET-UP WITH KETTLEBELL 4 ON EACH SIDE

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