

Barbells / Kettlebells 1

This will work with just 1 or 2 kettlebells/dumbbells or if you have a barbell you can

use that too.

Depending how heavy the barbell is you could use it for the:

Bent over row

Overhead press

Deadlift

Highpulls

Squats

OR mix it up between the barbell & kettlebell.

5 x Bent over rows

5 x Over head press

5 x Divebomber Pushup

10 x deadlift

10 x KB High pull

10 x Burpees

20 x Squat

20 X Swings

20 x Jump Lunges

Rest and repeat for 4 rounds.