

KETTLEBELL

300

DAREBEE WORKOUT © darebee.com

3 sets in total | up to 2 minutes rest between sets



20 goblet squats



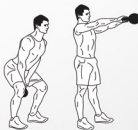
20 Romanian deadlifts



20 reverse lunges



20 side-to-side lunges



20 swings