

KETTLEBELL

150

DAREBEE WORKOUT © darebee.com

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



10 goblet squats



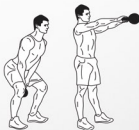
10 Romanian deadlifts



10 reverse lunges



10 side-to-side lunges



10 swings