

The Final Bell

Equipment: one kettlebell, medium weight



Do as many rounds as you can fit in the time you have, anywhere from 15 to 30 minutes total. This rep sheet gives you space to record up to 6 rounds, but you are not obligated to fill them up!

Rest as needed between exercises, but aim to move continuously from one exercise to the next. Rest for 45-60 seconds at the end of each round.

Exercises	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6
A1: Single-rack squat to single-arm press (left side) — 6-8 reps						
A2: Single-rack squat to single-arm press (right side) — 6-8 reps						
A3: One-arm kettlebell swing (left side) — 8-12 reps						
A4: One-arm kettlebell swing (right side) — 8-12 reps						
Notes:						