

Follow through until all 8 20s are complete

So, once the last round of squats are complete, after the 10 seconds of rest, jump right into the swings. The same goes for the remaining exercise that follow!

1. Goblet Squats (doubles) - 4 20 second intervals, 10 sec break
2. Russian Swings (doubles) - 4 20 second intervals, 10 sec break

1. Snatches (right) - 4 20 second intervals, 10 sec break
2. Snatches (left) - 4 20 second intervals, 10 sec break

1. Single Swings - (right) - 4 20 second intervals, 10 sec break
2. Single Swings - (left) - 4 20 second intervals, 10 sec break

1. Racked thrusters - (right) - 4 20 second intervals, 10 sec break
2. Racked thrusters - (left) - 4 20 second intervals, 10 sec break

1. Kettlebell deadlifts (doubles) - 4 20 second intervals, 10 sec break
2. Sumo deadlifts (doubles) - 4 20 second intervals, 10 sec break