

Steve Maxwell's 300 KB Challenge:

1. Around The Body Pass ---10 each way
2. Halo ---10 each way
3. Good Morning ---10
4. Windmill ---5 each side
5. One Arm Swing ---10 each arm
6. Swing High Pull “
7. Snatch “
8. Clean & Press “
9. Circular Clean “
10. Squat Press Combination “
11. Cossack Curl ---10 each side
12. Reverse Lunge & Press ---10 each arm
13. Deck Squat ---10
14. Reverse Turkish Get-Up ---5 each side
15. Suitcase Row ---10 each arm
16. Crush Press Situp ---10
17. Russian Twist ---10 each side

Do not set the KB down at any time once you start the workout. Steve uses a #35 lb KB in the video and it takes him approx. 22min.