

Fifty Grand:

If you weigh approximately 200lbs, you'll lift approx 50,000lbs throughout this workout.
All done with 2, 53lb kettlebells.

Pull-ups x 60= 12,000 lbs
Push-ups x 60= 12,000 lbs
Cleans x 60= 6,360 lbs
Snatches x 100L&R= 10,600 lbs
Mil Presses x 100= 10,600 lbs

--do this for time. Set KBs down as often as necessary.