

## The Hundy:

--everything done w/ 2 kettlebells of equal weight. DO NOT set the kbs down throughout the workout.

- 10 ab twists w/ kbs on shoulders
- 10 two-hand anyhow (5 per side)
- 10 cleans
- 10 military presses
- 10 squats (kbs held in racked position)
- 10 lunges right (kbs in racked position)
- 10 lunges left (kbs in racked position)
- 10 renegade rows
- 10 close grip upright rows
- 10 tridents