

UPPER BODY + LOWER BODY + CORE

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# FULL-BODY CONDITIONING WORKOUT

This CrossFit-style full-body strength and cardio blast is designed to be completed as fast as possible. You will build strength and endurance and improve your cardiovascular fitness. All you need is a kettlebell and it's go time.

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## WORKOUT DETAILS

*Complete the following for time:*

- 40 push ups
- 40 air squats
- 40 walking lunges
- 40 sit ups
- 40 air squats
- 40 walking lunges
- 40 kettlebell deadlift to high pull
- 40 air squats
- 40 walking lunges
- 40 kettlebell swings
- 40 air squats
- 40 walking lunges

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RUNNINGONREALFOOD.COM

# Body Conditioning Workout

**Minjie Lin**



## **Body Conditioning Workout:**

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