
21 Day Kettlebell Swing Challenge

workout of the day lists-crossfit - drivethroughplease - workout of the day lists crossfit the benchmark girls angle • 100 pull-ups • 100 push-ups • 100 sit-ups • 100 squats for time **workout of the day lists-navy seals - drivethroughplease** - workout of the day lists navyseals wod's posted to navyseals 100 - 50 • thrusters 85lb • box jumps • push-ups • squats **secrets of strength & conditioning - exercise etc** - webinar on demand 2017 (c) 2015, 2016 by exercise etc inc. all rights reserved. 1 secrets of strength & conditioning mike deibler, ms, cscs

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