

# KB Pull Workout

## THE LINEUP:

**3x Rounds OR 25 minute AMRAP**

**(you choose either the rounds OR AMRAP based on how much time you have in the gym)**

- **12x KB Swings**
- **12R/12L KB 3-Point Row**
- **12R/12L KB Single Leg RDL**
- **12x Tall Kneeling KB Curls**
- **50x Jump Rope Singles**

**REPEAT 3x rounds, REST 0:30 seconds between each exercise, 0:60 seconds between each round**

**GOAL: Increase weight on each exercise until you reach an 8-9/10 RPE, or until you are unable to safely increase weight, then maintain that weight for subsequent rounds.**

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