



Sport Complexes



1. Renegade Rows

Explosive Push ups

Kettlebell Burpees

Double swings

2. Jump squats

Jerk

Left Hand Single Snatch

Right Hand Single Snatch

3. Explosive Push ups

Alternating Row

Clean to Jerk-squats

Jerk

4. Explosive Push Up to High Pull

Clean and Jerk

Left Hand Single Snatch

Right Hand Single Snatch