



# **KETTLEBELL** **MMA CIRCUIT**



1. **FULL BODY ATTACK**  
(sprawl to clean)
2. **ROLLING FLOOR PRESS**
3. **RENEGADE ROW**
4. **SINGLE SNATCH**  
(half with right hand, half with left)
5. **FRONT SQUAT**
6. **CLEAN AND PRESS**
7. **BENT OVER ROW**
8. **SINGLE SNATCH**  
(half with right hand, half with left)
9. **KETTLEBELL BURPEE**
10. **FULL SWING**  
(single kettlebell swing above head)