



300 Challenge 'mark 2'

3 exercises, 1 kettlebell:

1. Swing
2. Clean and jerk/push press
3. Touch the floor Bodyweight jump squat

Complete exercises 1 and 2 together then do exercise 3 after. e.g. for 3 reps:

Swing, clean and jerk, swing, clean and jerk, swing, clean and jerk, jump squat, jump squat, jump squat.

ROUND	1 st HAND REPS	ROUND	2 ND HAND REPS
1	1	2	2
3	3	4	4
5	5	6	6
7	7	8	8
9	9	10	10
11	9	12	8
13	7	14	6
15	5	16	4
17	3	18	2
19	1		