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Traveling WOD List - No Equipment NeededTabata Is 20 Seconds Work With 10 Seconds Of Rest For 8 Rounds - Squats - Squats With Eyes Closed - Push-ups - Squats & Push-ups - Tuck Jumps & Sit-ups Squats Bottom To Bottom (rest At The Bottom Of The Squat Instead Of Standing....without Support On Your Hands Or Butt

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Kettlebell Wod At HomeA 2010 Study Showed That Kettlebell Can Burn Up To 20.2 Calories Per Minute. Cardiovascular Capacity. Workouts With Kettlebell Will Test Your Cardiovascular Ability When You Are In A "flow", Doing Back-to-back Exercises Without Resetting. Another Study Conducted In 2010 Showed That Kettlebell Jan 4th, 2024.
One Incredible WOD Consisting Of Four Tasks!CrossFit Burpees 4 Min. AMRAP 36 Reps Minimum 2 Minutes Rest. The Second Task Is A Kettlebell Combo: Alternating Kneeling Press 6 Min. AMRAP Double Kettlebells 2 Minutes Rest. The Third Task Is Three Sets Of Carefully Picked Exercises, Four Reps Of Each Exercise All With Double Kettlebells Jan 4th, 2024
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