



WORKOUT 25.1

AS MANY ROUNDS AS POSSIBLE IN 15 MINUTES OF:

- 3 lateral burpees over the dumbbell
- 3 dumbbell hang clean-to-overheads
- 30-foot walking lunge (2 x 15 feet)

After completing each round, add 3 reps to the burpees and hang clean-to-overheads.

- ♀ 35-lb (15-kg) dumbbell
- ♂ 50-lb (22.5-kg) dumbbell

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JR Anderson



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