the sweat for 6
circuit workout

You'll need 1 heavy kettlebell (swings and squats), 1 medium kettlebell (triceps extensions), a step/box, a set of dumbells and a skipping rope. Set a timer for 6 mins and do the moves in circuit one as many times through as you can before the timer ends. Rest for 30-60s, then do the same for Circuit 2. Repeat circuit 1 and circuit 2 for a total of 24 working minutes.

Circuit 1:

Kettlebell swings x15

Kettlebell sumo squats x15

Weighted bench step-ups x20 (alt sides)

Overhead triceps extension x15

30-60s rest

Circuit 2:

Burpees x15

Dumbell squat + press x15

Push-ups x10

Alternating jumping lunges x30

30-60s rest

Repeat circuit 1 + 2