

the you against the clock workout

Grab a box or step, kettlebell and a skipping rope, then clear some space and start your timer. Work through the 4 exercises below as fast as you can with good form, resting only as needed.

Do a total of 6 rounds (your last one will probably take quite a bit longer than the first!), then recover, rehydrate and foam roll those hard-working muscles!

6 rounds for time:

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- 20 up-and-over box jumps**
- 20 kettlebell swings**
- 20 push-ups**
- 100 skips**

record your time for 6 rounds and try to beat it by repeating the same workout again later in the week.