

# the go hard or go home metcon workout

Do a short warm-up to get your body prepared to work, then grab a kettlebell, 2 dumbbells that you can push over your head, a slam ball (about 14lbs) and a box/step to do box jumps on. Do the following set of 5 exercises as fast as you can, then take a very short 10-15s rest before repeating for a total of 5 rounds. Note: your heart rate won't be able to recover fully in that time, but mentally, it helps the workout seem more manageable!

## **5 rounds of:**

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**12 box jumps**

**15 American kettlebell swings**

**18 wall balls**

**10 dumbbell burpees**

**10 dumbbell thrusters**

**rest 10-15s**