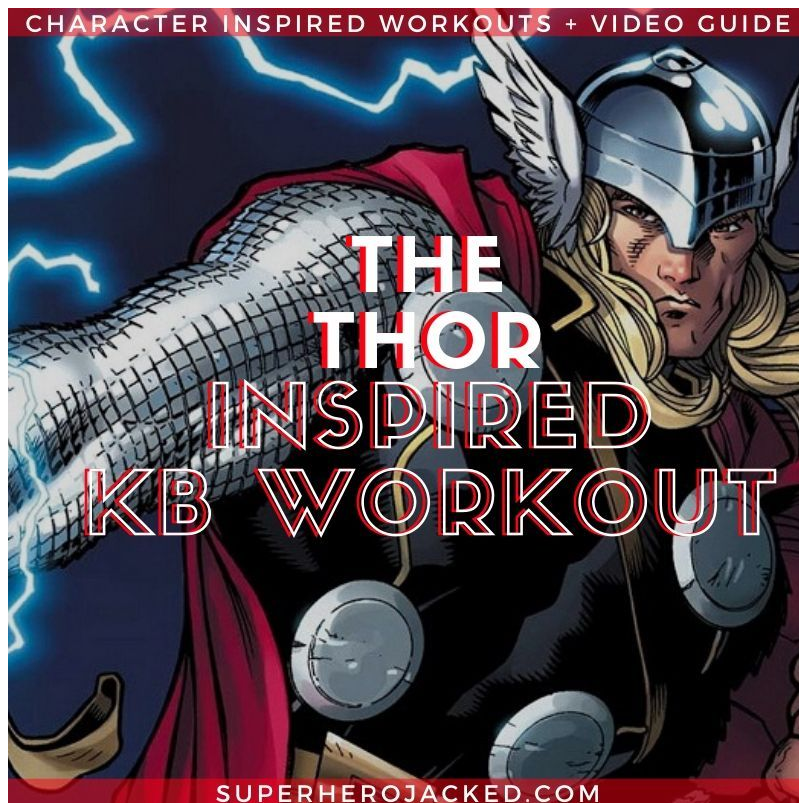


THE THOR INSPIRED KB WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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THOR INSPIRED KB ROUTINE

Training Volume:

5 Rounds for Time

Movements:

20 Kettlebell Swings

20 Single Arm Snatches

20 Goblet Squats

20 Kettlebell Swings

6 Turkish Getups