

END OF THE WORLD WORKOUT 2 -- METABOLIC DOOMSDAY

http://www.youtube.com/watch?v=8_6Y7GRdbQU

10 EXERCISES

1. Single Kettlebell Overhead Swings (American Swings) -- 70lbs
2. Deadman Burpees
3. Med Ball Sit Up Slams -- 6lbs
4. Dumbbell Jump Squats -- 35lbs
5. Dive Bombers
6. Alternating Kettlebell Press -- 40lbs each
7. Jump Lunges -- Plyo Lunges
8. Bear Push Ups and Kick-outs
9. Side Plank Kick Up and Outs Left and Right -- 30 seconds each
10. Med Ball Side to Side Jump Squats -- 20lbs