

Workout 35

Exercise	Time (secs)	Reps	Sets	✓
Single Handed Swing - Left	30			✓
Single Handed Swing - Right	30			✓
Reverse Lunge with Rotation - Left	30			✓
Reverse Lunge with Rotation - Right	30			✓
Clean - Left	30			✓
Clean - Right	30			✓
Racked Squat & Press - Left	30			✓
Racked Squat & Press - Right	30			✓

