



Finished with #ALPHA bring on #BRAVO 1 DAY 1

1 Appetizer: Single leg

Video is not supported in your browserVideo is not supported in your browserVideo is not supported in your browserVideo is not supported in your browserVideo is not supported in your browser

Finished with #ALPHA bring on #BRAVO • DAY 1 • Appetizer: Single leg dead's & Goblet Sqt
• Main Course: Rows & KB Pullovers & Suitcase Holds :30sec • Dessert: Ladder Complex 3-2-1 DBL Clean DBL Push-Press • Another beautiful bright sunny day of barefoot kettlebell training! Grateful for the summer we're having up here this year so far! ••••• #adkprimal #iam1stphorm #kettlebell #kettlebellkings #fieldhousestrength #barefoottraining

[This article was originally published here](https://kettlebellsfit.blogspot.com/2019/07/finished-with-alpha-bring-on-bravo-day.html)*

<https://kettlebellsfit.blogspot.com/2019/07/finished-with-alpha-bring-on-bravo-day.html>