



EXPRESS B: TRX & Kettlebells

Workout B: 50-10 TRX & Kettlebell Wheel Workout

- 20-minute Express Workout
- Use the custom interval timer provided in the video description or set your own timer at 50 seconds of work and 10 seconds of rest for 8 rounds followed by a 60 second rest. Repeat four total times.
- If you don't have access to a TRX Suspension, Kettlebells or Dumbbells or performing this when traveling the workout can be performed with a single loop resistance band [\[www.fastfit.club/store\]](http://www.fastfit.club/store)

Hub: Long Jump, Hop Back

- Spokes:**
1. TRX Chest Press [or *Band Chest Press*]
 2. TRX Low Rows [or *Band Seated Rows*]
 3. Goblet Squat
 4. Sumo Deadlift [or *Band Sumo Deadlift*]
 5. Bear Plank Transfer

Workout Notes:

- * *Follow the Level I, Level II, and Level III Exercise Progressions in the Instruction Video*
- * *If you don't have access to dumbbells and kettlebells substitute with the bodyweight or band version.*
- * *Make your post-workout report in the comment section of the video*