

Workout: The Grind

Ready to feel your heart in your throat? See if you can make it through all ten rounds.

A guide to these exercises can be found at the following website

<https://adventuremethod.com/guide-to-using-ropes-in-your-cardio-workout/>

<i>Round</i>	<i>Ropes</i>	<i>Kettlebells</i>	
1	Waves	30 seconds Swings	60 seconds rest
2	Alternating Waves	30 seconds Swings	60 seconds rest
3	Waves to a squat	30 seconds Swings	60 seconds rest
4	Uppercuts	30 seconds Swings	60 seconds rest
5	Waves	30 seconds Swings	60 seconds rest
6	Alternating Waves	30 seconds Swings	60 seconds rest
7	Waves to a squat	30 seconds Swings	60 seconds rest
8	Uppercuts	30 seconds Swings	60 seconds rest
9	Waves	30 seconds Swings	60 seconds rest
10	Alternating Waves	30 seconds Swings	60 seconds rest

Note: Rope and Kettlebell workouts can be very demanding. Make sure you clear these exercises with your doctor before attempting.