

Meltdown
Kelly Coffey Meyer
Workout 1

Date: _____

Exercise Kelly uses 12lb dbs and a 30lb barbell	Notes
1 or 2 dbs for Kettlebell swings	
1 db Seated overhead pass	
2 dbs Seated row and bicep curl	
2 dbs Bench press and skull crushers	
Bench hops over (or side hops on floor as a modification)	
10 Barbell clean from hips	
10 Barbell thrusters 10 reps	
10 Barbell front squats	