

So Fresh & So Cleans, Cleans

Perform each move for 40 seconds of work with 20 seconds of rest between moves:

	Exercise	Work	Rest
1	Goblet Lateral Lunge KLEANS <i>Left</i>	40s	20s
2	Goblet Lateral Lunge KLEANS <i>Right</i>	40s	20s
3	Goblet Reverse Lunge KLEANS <i>Left</i>	40s	20s
4	Goblet Reverse Lunge KLEANS <i>Right</i>	40s	20s
5	Goblet See-Saw KLEANS <i>Left</i>	40s	20s
6	Goblet See-Saw KLEANS <i>Right</i>	40s	20s
7	1-Arm Contralateral DB Stepup Cleans <i>Left Arm, Left Leg</i>	40s	20s
8	1-Arm Contralateral DB Stepup Cleans <i>Right Arm, Right Leg</i>	40s	20s
9	1-Arm Contralateral BSS KLEANS <i>Left Arm, Right Leg</i>	40s	20s
10	1-Arm Contralateral BSS KLEANS <i>Right Arm, Left Leg</i>	40s	20s
11	DB Dead-Stop Sumo Box Cleans	40s	20s
12	DB Dead-Stop 90-90 Suitcase Hang Cleans	40s	20s

That's 1 round that takes 12 minutes to complete. Perform up to 3 total rounds. Feel free to rest 1-2 minutes between rounds if needed.

