

GPP Workout from World Champlon Denis Vasilev

Men use 12kg Kettlebell

Women use 8kg Kettlebell

Jump Squats 30 reps

Pushups 30 reps

Overhead Swings 30 reps

Deadlift 30 reps

Goal is to finish THREE ROUNDS in under 12 minutes !

Denis Youtube

[Denis Vasilev](#)

Denis IG

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