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Written by Andrea
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"Jackson"

Advanced

3 rounds
20 wall ball #12-14
20 one-armed kettlebell swings 12kg
20 push ups
20 pull ups

Intermediate

3 rounds
15 wall ball #10-12
15 one-armed kettlebell swings 8kg
15 push ups
15 pull ups

Beginner

3 rounds
10 wall ball #6-8
10 one-armed kettlebell swings 4kg
10 push ups
10 pull ups