

**May 9, 2011**

Written by Andrea

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## **Advanced**

3 rounds

20 pull ups

20 wall ball #12-14

20 one-armed kettlebell swings 12kg

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## **Intermediate**

3 rounds

15 pull ups or progressions

15 wall ball #10-12

15 one-armed kettlebell swings 8kg

## **Beginner**

3 rounds

10 pull up progressions

10 wall ball #6-8

10 one-armed kettlebell swings 4kg