

**June 20, 2011**

Written by Andrea  
Sunday, 19 June 2011 20:01 -

---



## **Advanced**

3 rounds

20 side to side jumps over a small hurdle

20 wall ball #14

## **Intermediate**

**June 20, 2011**

Written by Andrea  
Sunday, 19 June 2011 20:01 -

---

3 rounds

15 side to side jumps over a small hurdle or line on the ground

15 wall ball #12

## **Beginner**

3 rounds

10 side to side hops over a line on the ground

10 wall ball #10