

June 21, 2011

Written by Andrea
Monday, 20 June 2011 20:55 -



“Baby Nate”

Advanced

For 15 minutes do:

4 pull ups

4 dips

8 Push-ups

12 one-armed kettlebell swings 12kg (6 each arm)

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Intermediate

For 12 minutes do:

4 pull ups or progressions

4 dips

8 push ups

12 one-armed kettlebell swings 8kg

Beginner

For 9 minutes do:

4 pull up progressions

4 dips

8 push ups

12 one-armed kettlebell swings 4kg

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