

June 29, 2011

Written by Andrea

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Advanced

- 20 step ups
- 20 pull ups
- 20 one-armed kettlebell swings 12kg
- 20 lunges
- 20 knees to elbows
- 20 push press #45
- 20 good mornings
- 20 wall ball #14
- 20 pregnant burpees
- 20 double or single unders

Intermediate

- 15 step ups
- 15 pull ups or progressions
- 15 one-armed kettlebell swings 8kg
- 15 lunges
- 15 knees to elbows
- 15 push press #25
- 15 good mornings
- 15 wall ball #10
- 15 pregnant burpees
- 15 single unders

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Beginner

- 10 step ups
- 10 pull up progressions
- 10 one-armed kettlebell swings 4kg
- 10 lunges
- 10 knees to elbows
- 10 push press #15
- 10 good mornings
- 10 wall ball #6
- 10 pregnant burpees
- 10 single unders

Remember to take breaks during this WOD and if you cannot jump rope, just omit that exercise from the work out.