

**July 4, 2011**

Written by Andrea  
Sunday, 03 July 2011 19:40 -

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**"Baby Morrison"**

**Advanced**

5 rounds

10 wall ball #14

10 box jumps or step ups

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10 one-armed kettlebell swings 12kg

## **Intermediate**

4 rounds

10 wall ball #10

10 step ups

10 one-armed kettlebell swings 8kg

## **Beginner**

3 rounds

10 wall ball #6

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10 step ups

10 one-armed kettlebell swings 4kg