

July 4, 2011

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



"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