

July 23, 2011

Written by Andrea
Friday, 22 July 2011 16:41 -



"Baby Helen"

Advanced

3 rounds
Run 400m
20 one-armed kettlebell swings 12kg
12 pullups

Intermediate

3 rounds
Run/walk 400m

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Written by Andrea
Friday, 22 July 2011 16:41 -

20 one-armed kettlebell swings 8kg
12 pull ups/ring rows

Beginner

3 rounds
Run/walk 200m
20 one-armed kettlebell swings 4kg
12 ring rows