

**August 3, 2011**

Written by Andrea

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## **Advanced**

500m row

20 wall ball #14

20 toes to bar or knees to elbows

20 step ups

20 sumo deadlift high pulls 16kg kettlebell

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20 burpees or pregnant burpees

20 push press #65

20 pull ups

### **Intermediate**

500m row

15 wall ball #10

15 knees to elbows

15 step ups

15 sumo deadlift high pulls 12kg kettlebell

15 burpees or pregnant burpees

15 push press #45

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15 pull ups or progressions

## **Beginner**

250m row

10 wall ball #6

10 knees to elbows or knee ups

10 step ups

10 sumo deadlift high pulls 8kg kettlebell

10 pregnant burpees

10 push press #25

10 pull up progressions