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Written by Andrea

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### **Advanced**

Set a cone at 20m

5 rounds

#65 barbell carry on the back, 40m

10 wall ball #14

#25 dumbbell farmer's walk, 40m

### **Intermediate**

Set a cone at 20m

4 rounds

#45 barbell carry on the back, 40m

10 wall ball #10

#15 dumbbell farmer's walk, 40m

### **Beginner**

Set a cone at 20m

3 rounds

#15-25 barbell carry on the back, 40m

10 wall ball #6

#10 dumbbell farmer's walk, 40m