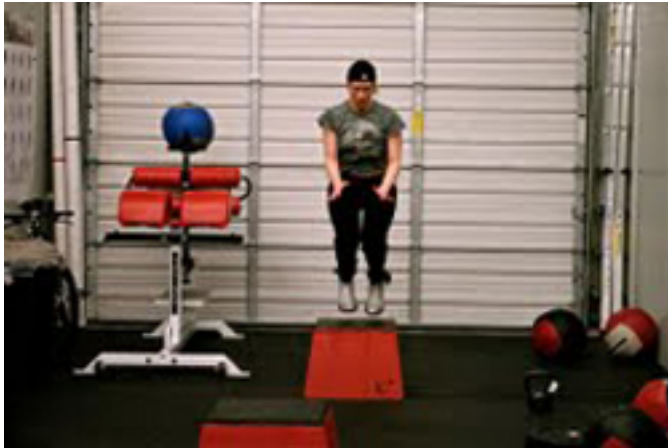


November 21, 2011

Written by Andrea

Sunday, 20 November 2011 22:41 -



"Baby Nutts"

Advanced

20 dumbbell shoulder press #25

20 kettlebell deadlifts 32kg

20 step ups

November 21, 2011

Written by Andrea
Sunday, 20 November 2011 22:41 -

20 pull ups

20 wall ball #14

20 double unders or single unders

400m run

Intermediate

20 dumbbell shoulder press #15-20

20 kettlebell deadlifts 24kg

20 step ups

20 pull ups or progressions

20 wall ball #10

20 single unders

November 21, 2011

Written by Andrea
Sunday, 20 November 2011 22:41 -

400m run or row

Beginner

15 dumbbell shoulder press #10

15 kettlebell deadlifts 16kg

15 step ups

15 pull up progressions

15 wall ball #6

15 single unders

250m run or row

November 21, 2011

Written by Andrea

Sunday, 20 November 2011 22:41 -

If you cannot jump rope, sub another set of step ups.