

**December 17, 2011**

Written by Andrea

Friday, 16 December 2011 20:46 -

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**Advanced**

4 rounds

15 pull ups

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15 one-armed kettlebell swings 12kg

15 double or single unders

### **Intermediate**

4 rounds

12 pull ups or progressions

12 one-armed kettlebell swings 8kg

12 single unders or step ups

### **Beginner**

3 rounds

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10 pull up progressions

10 one-armed kettlebell swings 4kg

10 step ups