

July 23, 2013

Written by Andrea
Monday, 22 July 2013 19:05 -



Advanced

20 front squats #65

25 box jumps

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30 one-armed kettlebell swings 12kg

35 wall ball #14

Intermediate

15 front squats #45

20 box jumps or step ups

25 one-armed kettlebell swings 8kg

30 wall ball #10

Beginner

10 front squats #15-25

15 step ups

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20 one-armed kettlebell swings 4kg

25 wall ball #6