

August 5, 2013

Written by Andrea
Sunday, 04 August 2013 16:25 -



“Baby Kelly”

Advanced

3 rounds

Run 400m

20 box jumps

20 wall ball #14

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Intermediate

3 rounds

Run 400m

15 box jumps or step ups

15 wall ball #10

Beginner

3 rounds

Run 200m

10 step ups

10 wall ball #6