

**August 12, 2013**

Written by Andrea  
Sunday, 11 August 2013 17:09 -

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## **Advanced**

20 step ups

20 pull ups

20 one-armed kettlebell swings 12kg

20 lunges

20 knees to elbows

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20 push press #45

20 good mornings

20 wall ball #14

20 pregnant burpees

20 double or single unders

## **Intermediate**

15 step ups

15 pull ups or progressions

15 one-armed kettlebell swings 8kg

15 lunges

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15 knees to elbows

15 push press #25

15 good mornings

15 wall ball #10

15 pregnant burpees

15 single unders

## **Beginner**

10 step ups

10 pull up progressions

10 one-armed kettlebell swings 4kg

10 lunges

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10 knees to elbows

10 push press #15

10 good mornings

10 wall ball #6

10 pregnant burpees

10 single unders

**Pregnant burpees:** Stand in front of a wall or elevated surface. Do a squat, then at the top do a push up against the wall or elevated surface = 1.

Remember to take breaks during this WOD and if you cannot jump rope, just omit that exercise from the work out, or do step ups again.