

**August 14, 2013**

Written by Andrea  
Tuesday, 13 August 2013 18:54 -

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**"Baby Helen"**

**Advanced**

3 rounds

Run 400m

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21 one-armed kettlebell swings 12kg

12 pullups

### **Intermediate**

3 rounds

Run 400m

15 one-armed kettlebell swings 8kg

12 pull ups or progressions

### **Beginner**

3 rounds

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Run 200m

12 one-armed kettlebell swings 4kg

12 pull up progressions