

September 2, 2013

Written by Andrea

Sunday, 01 September 2013 17:08 -



Advanced

3 rounds

500m row

12 kettlebell deadlifts (choose a weight up to 43kg)

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21 box jumps

Intermediate

3 rounds

500m row

12 kettlebell deadlifts (choose a weight up to 32kg)

15 box jumps or step ups

Beginner

3 rounds

250m row

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10 kettlebell deadlifts (choose a weight up to 20kg)

10 step ups