

**September 19, 2013**

Written by Andrea

Wednesday, 18 September 2013 16:43 -

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## **Advanced**

3 rounds

15 knees to elbows

15 one-armed kettlebell swings 12kg

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15 push ups

3 beginner rope climbs

15 box jumps

15 good mornings

50m walking lunge

## **Intermediate**

3 rounds

12 knees to elbows

12 one-armed kettlebell swings 8kg

12 push ups

3 beginner rope climbs

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12 box jumps or step ups

12 good mornings

25m walking lunge

## **Beginner**

3 rounds

9 knees to elbows

9 one-armed kettlebell swings 4kg

9 push ups

3 beginner rope climbs

9 step ups

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9 good mornings

25m walking lunge

**Beginner rope climb:** Sit at the bottom of the rope. Pull yourself to a standing position using your legs as little as possible.