

## **Advanced**

3 rounds

15 knees to elbows

15 one-armed kettlebell swings 12kg

## **September 19, 2013**

Written by Andrea Wednesday, 18 September 2013 16:43 -
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

## **September 19, 2013**

Wednesday, 18 September 2013 16:43 -

Written by Andrea

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

## **September 19, 2013**

