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Written by Andrea

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"Baby Eva"

Advanced

4 rounds

400m run

10 one-armed kettlebell swings 12kg

10 pull ups

Intermediate

3 rounds

400m run

10 one-armed kettlebell swings 8kg

10 pull ups or progressions

Beginner

3 rounds

200m run

10 one-armed kettlebell swings 4kg

10 pull up progressions