

October 28, 2013

Written by Andrea
Sunday, 27 October 2013 19:35 -



"Baby Morrison"

Advanced

5 rounds

October 28, 2013

Written by Andrea
Sunday, 27 October 2013 19:35 -

10 wall ball #14

10 box jumps

10 one-armed kettlebell swings 12kg

Intermediate

4 rounds

10 wall ball #10

10 box jumps or step ups

10 one-armed kettlebell swings 8kg

Beginner

October 28, 2013

Written by Andrea
Sunday, 27 October 2013 19:35 -

3 rounds

10 wall ball #6

10 step ups

10 one-armed kettlebell swings 4kg