

November 1, 2013

Written by Andrea

Thursday, 31 October 2013 20:03 -



Advanced

5 rounds

10 burpees

10 one-armed kettlebell snatch 12kg

Intermediate

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4 rounds

10 burpees or pregnant burpees

10 one-armed kettlebell snatch 8kg

Beginner

3 rounds

10 pregnant burpees

10 one-armed kettlebell snatch 4kg

Pregnant burpees: Stand in front of a wall or elevated surface. Do a squat, then at the top do a push up against the wall or elevated surface = 1.