

**December 26, 2013**

Written by Andrea

Wednesday, 25 December 2013 22:23 -

---



## **Advanced**

5 rounds

8 toes to bar

8 dumbbell thrusters

12 dumbbell walking lunges

#20 dumbbells for thrusters and lunges

**December 26, 2013**

Written by Andrea  
Wednesday, 25 December 2013 22:23 -

---

## **Intermediate**

4 rounds

8 toes to bar

8 dumbbell thrusters

12 dumbbell walking lunges

#15 dumbbells for thrusters and lunges

## **Beginner**

3 rounds

8 toes to bar

8 dumbbell thrusters

12 dumbbell walking lunges

**December 26, 2013**

Written by Andrea

Wednesday, 25 December 2013 22:23 -

---

#10 dumbbells for thrusters and lunges