

**July 15, 2014**

Written by Andrea  
Monday, 14 July 2014 19:27 -

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**Helen**

**Advanced**

3 rounds

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Run 400m

21 one-armed kettlebell swings 12kg

12 pullups

### **Intermediate**

3 rounds

Run 400m

15 one-armed kettlebell swings 8kg

12 pull ups or progressions

### **Beginner**

3 rounds

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Run 200m

12 one-armed kettlebell swings 4kg

12 pull up progressions