

**March 22, 2011**

Written by Andrea  
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## **"Jackson"**

### **Advanced**

3 rounds  
20 wall ball #12-14  
20 one-armed kettlebell swings 12kg  
20 push ups  
20 pull ups

### **Intermediate**

3 rounds  
15 wall ball #10-12  
15 one-armed kettlebell swings 8kg  
15 push ups  
15 pull ups

### **Beginner**

3 rounds  
10 wall ball #6-8  
10 one-armed kettlebell swings 4kg  
10 push ups  
10 pull ups