

**June 29, 2011**

Written by Andrea

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### **Advanced**

- 20 step ups
- 20 pull ups
- 20 one-armed kettlebell swings 12kg
- 20 lunges
- 20 knees to elbows
- 20 push press #45
- 20 good mornings
- 20 wall ball #14
- 20 pregnant burpees
- 20 double or single unders

### **Intermediate**

- 15 step ups
- 15 pull ups or progressions
- 15 one-armed kettlebell swings 8kg
- 15 lunges
- 15 knees to elbows
- 15 push press #25
- 15 good mornings
- 15 wall ball #10
- 15 pregnant burpees
- 15 single unders

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**Beginner**

10 step ups

10 pull up progressions

10 one-armed kettlebell swings 4kg

10 lunges

10 knees to elbows

10 push press #15

10 good mornings

10 wall ball #6

10 pregnant burpees

10 single unders

Remember to take breaks during this WOD and if you cannot jump rope, just omit that exercise from the work out.