

**June 29, 2011**

Written by Andrea

Tuesday, 28 June 2011 19:57 -

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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.