

July 10, 2011

Written by Andrea
Sunday, 10 July 2011 09:25 -



Advanced

3 rounds

400m run

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10 kettlebell deadlifts 32kg

10 push ups

10 deadlifts

10 push ups

Intermediate

3 rounds

400m run/walk

7 kettlebell deadlifts 24kg

7 push ups

7 deadlifts

7 push ups

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Beginner

3 rounds

200m run/walk

5 kettlebell deadlifts 16kg

5 push ups

5 deadlifts

5 push ups