

**January 10, 2012**

Written by Andrea  
Monday, 09 January 2012 19:53 -

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**“Baby Nate”**

**Advanced**

For 15 minutes do:

4 pull ups

4 dips

8 Push-ups

12 one-armed kettlebell swings 12kg (6 each arm)

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## **Intermediate**

For 12 minutes do:

4 pull ups or progressions

4 dips

8 push ups

12 one-armed kettlebell swings 8kg

## **Beginner**

For 9 minutes do:

4 pull up progressions

4 dips

8 push ups

12 one-armed kettlebell swings 4kg

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