

February 1, 2012

Written by Andrea

Tuesday, 31 January 2012 20:13 -



Advanced

5 rounds

10 dumbbell shoulder press #25 DB's

10 pull ups

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10 one-armed kettlebell swings 12kg

10 knees to elbows

10 burpees

Intermediate

4 rounds

10 dumbbell shoulder press #15 DB's

10 pull ups or progressions

10 one-armed kettlebell swings 8kg

10 knees to elbows

10 burpees or pregnant burpees

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Beginner

3 rounds

10 dumbbell shoulder press #10 DB's

10 pull up progressions

10 one-armed kettlebell swings 4kg

10 knees to elbows

10 pregnant burpees

Pregnant burpees: Stand in front of a wall or elevated surface. Do a squat, then at the top do a push up against the wall or elevated surface = 1.