

**May 30, 2013**

Written by Andrea  
Wednesday, 29 May 2013 18:33 -

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## **Advanced**

3 rounds

400m run

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15 second hang

5 seated turkish get-ups, left arm #30 dumbbell

15 second hang

5 seated turkish get-ups, right arm #30 dumbbell

30 second plank hold

## **Intermediate**

3 rounds

400m run

15 second hang

5 seated turkish get-ups, left arm #20 dumbbell

15 second hang

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5 seated turkish get-ups, right arm #20 dumbbell

30 second plank hold

## **Beginner**

3 rounds

200m run

10 second hang

5 seated turkish get-ups, left arm #10 dumbbell

10 second hang

5 seated turkish get-ups, right arm #10 dumbbell

15 second plank hold