

Advanced

20 front squats #65

25 box jumps

July 23, 2013

Written by Andrea

Monday, 22 July 2013 19:05 -
30 one-armed kettlebell swings 12kg
35 wall ball #14
Intermediate
15 front squats #45
20 box jumps or step ups
25 one-armed kettlebell swings 8kg
30 wall ball #10
Beginner
10 front squats #15-25
15 step ups

July 23, 2013

Written by Andrea Monday, 22 July 2013 19:05 -

20 one-armed kettlebell swings 4kg

25 wall ball #6