

August 14, 2013

Written by Andrea

Tuesday, 13 August 2013 18:54 -



"Baby Helen"

Advanced

3 rounds

Run 400m

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21 one-armed kettlebell swings 12kg

12 pullups

Intermediate

3 rounds

Run 400m

15 one-armed kettlebell swings 8kg

12 pull ups or progressions

Beginner

3 rounds

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Run 200m

12 one-armed kettlebell swings 4kg

12 pull up progressions