

"Baby Morrison"

Advanced

5 rounds

October 28, 2013

Written by Andrea

Sunday, 27 October 2013 19:35 -

10 wall ball #14
10 box jumps
10 one-armed kettlebell swings 12kg
Intermediate
4 rounds
10 wall ball #10
10 box jumps or step ups
10 one-armed kettlebell swings 8kg
Beginner

October 28, 2013

Written by Andrea Sunday, 27 October 2013 19:35 -
3 rounds
10 wall ball #6
10 step ups
10 one-armed kettlebell swings 4kg