

Advanced

5 rounds

10 burpees

10 one-armed kettlebell snatch 12kg

Intermediate

November 1, 2013

Written by Andrea

Thursday, 31 October 2013 20:03 -4 rounds 10 burpees or pregnant burpees 10 one-armed kettlebell snatch 8kg **Beginner** 3 rounds 10 pregnant burpees 10 one-armed kettlebell snatch 4kg 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.