

**November 22, 2013**

Written by Andrea

Thursday, 21 November 2013 19:52 -

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## **Advanced**

3 rounds

800m run

20 front squats #65

20 pull ups

20 one-armed kettlebell swings 12kg

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## **Intermediate**

3 rounds

400m run

15 front squats #45

15 pull ups or progressions

15 one-armed kettlebell swings 8kg

## **Beginner**

3 rounds

200m run

10 fronts squats #15-25

10 pull up progressions

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10 one-armed kettlebell swings 4kg