

March 24, 2014

Written by Andrea
Sunday, 23 March 2014 16:30 -



Advanced

For 20 minutes do:

10 push press #65

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10 one-armed kettlebell swings 12kg

10 box jumps

Intermediate

For 15 minutes do:

10 push press #45

10 one-armed kettlebell swings 8kg

10 box jumps or step ups

Beginner

For 10 minutes do:

10 push press #15-25

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10 one-armed kettlebell swings 4kg

10 step ups