

March 6, 2011

Written by Andrea
Saturday, 05 March 2011 17:50 -



Advanced

4 rounds

7 pull ups

7 dips

15 kettlebell deadlifts 32kg

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20 walking lunges

Intermediate

3 rounds

7 pull ups or progressions

7 dips

12 kettlebell deadlifts 24kg

15 walking lunges

Beginner

3 rounds

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5 pull up progressions

5 dips

9 kettlebell deadlifts 16kg

10 walking lunges

For dips: Use rings, parallel bars or a bench.