

March 30, 2011

Written by Andrea
Tuesday, 29 March 2011 20:45 -



Advanced

For 15 minutes do:

9 kettlebell deadlifts 32kg

12 push ups

15 step ups

March 30, 2011

Written by Andrea
Tuesday, 29 March 2011 20:45 -

Intermediate

For 12 minutes do:

9 kettlebell deadlifts 24kg

12 push ups

15 step ups

Beginner

For 9 minutes do:

9 kettlebell deadlifts 16kg

12 push ups

15 step ups

March 30, 2011

Written by Andrea

Tuesday, 29 March 2011 20:45 -
