

**March 30, 2011**

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

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## **Advanced**

For 15 minutes do:

9 kettlebell deadlifts 32kg

12 push ups

15 step ups

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## **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

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