

**May 16, 2011**

Written by Andrea

Sunday, 15 May 2011 19:54 - Last Updated Sunday, 22 May 2011 15:43

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## **Advanced**

21-15-9

Kettlebell deadlifts 32kg

Push press #65

## **Intermediate**

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21-15-9

Kettlebell deadlifts 24kg

Push press #45

**Beginner**

15-12-9

Kettlebell deadlifts 16kg

Push press #25