

**June 10, 2011**

Written by Andrea  
Thursday, 09 June 2011 19:25 -

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**Advanced**

21-15-9

Kettlebell deadlifts 32kg

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Squats

Push press #65

**Intermediate**

21-15-9

Kettlebell deadlifts 24kg

Squats

Push press #45

**Beginner**

15-12-9

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Kettlebell deadlifts 16kg

Squats

Push press #15-25