

June 22, 2011

Written by Andrea

Tuesday, 21 June 2011 20:41 -



Advanced

3 rounds

10 kettlebell deadlifts 32-40kg

20 knees to elbows

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Intermediate

3 rounds

10 kettlebell deadlifts 24kg

15 knees to elbows or knee ups

Beginner

3 rounds

10 kettlebell deadlifts 12kg

10 knees to elbows or knee ups