

July 7, 2011

Written by Andrea

Wednesday, 06 July 2011 16:42 -



Photo courtesy of Luis Albuquerque Photography

"Baby DT"

Advanced

4 rounds

12 kettlebell deadlifts #32kg

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9 hang power cleans #45-65

6 push jerks #65

Intermediate

4 rounds

12 kettlebell deadlifts #24kg

9 hang power cleans #25-45

6 push jerks #45

Beginner

3 rounds

12 kettlebell deadlifts #16kg

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9 hang power cleans PVC-#25

6 push jerks #25