

July 31, 2011

Written by Andrea
Saturday, 30 July 2011 23:15 -

"Nehla"

Advanced

21-15-9

Box jumps or step ups

Kettlebell deadlifts #70-100

Pull ups

Intermediate

21-15-9

Box jumps or step ups

Kettlebell deadlifts #50-70

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Pull ups or progressions

Beginner

15-12-9

Step ups

Kettlebell deadlifts #30-50

Pull ups or progressions