

**September 25, 2011**

Written by Andrea  
Saturday, 24 September 2011 17:49 -

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## **Advanced**

3 rounds

10 kettlebell deadlifts 32-40kg

15 overhead plate lunges #25

## **Intermediate**

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3 rounds

10 kettlebell deadlifts 24kg

12 overhead plate lunges #15

## **Beginner**

3 rounds

10 kettlebell deadlifts 12kg

9 overhead plate lunges #10