

September 25, 2011

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



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