

October 2, 2011

Written by Andrea
Saturday, 01 October 2011 19:23 -



Advanced

21-15-9

Hang power cleans #65

Kettlebell deadlifts 32kg

Box jumps or step ups

Intermediate

21-15-9

Hang power cleans #45

Kettlebell deadlifts 24kg

Box jumps or step ups

Beginners

15-12-9

Hang power cleans #15-25

Kettlebell deadlifts 16kg

Step ups