

October 10, 2011

Written by Andrea
Sunday, 09 October 2011 16:37 -



"Baby Diane"

Advanced

21-15-9

Kettlebell deadlifts #75-100

Push ups

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Intermediate

21-15-9

Kettlebell deadlifts #50-75

Push ups

Beginner

15-12-9

Kettlebell deadlifts #25-50

Push ups