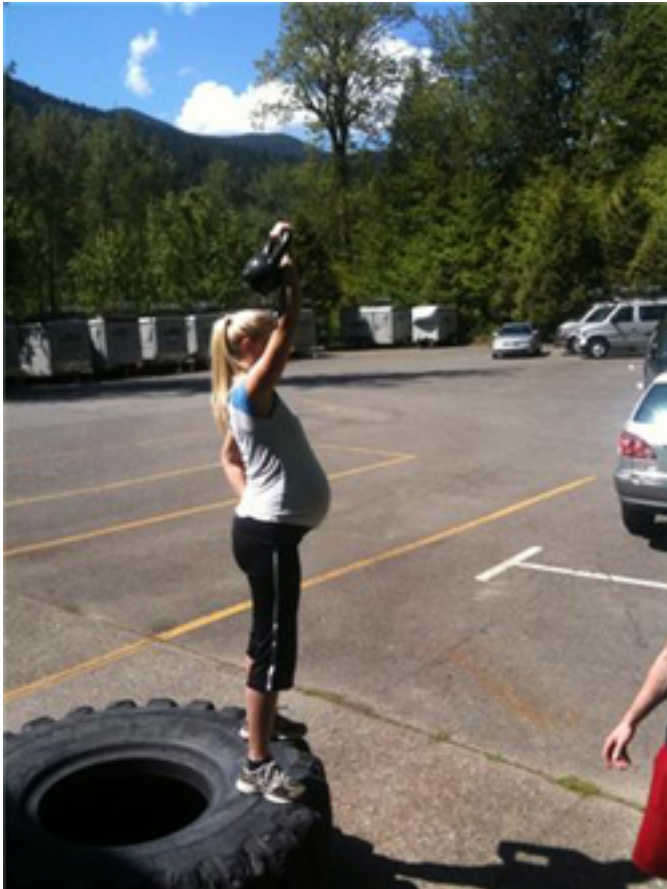


October 24, 2011

Written by Andrea
Sunday, 23 October 2011 16:19 -



Advanced

21-15-9

Left-arm kettlebell snatch 12kg

Right-arm kettlebell snatch 12kg

October 24, 2011

Written by Andrea
Sunday, 23 October 2011 16:19 -

Pull ups

Intermediate

21-15-9

Left-arm kettlebell snatch 8kg

Right-arm kettlebell snatch 8kg

Pull ups or progressions

Beginner

15-12-9

Left-arm kettlebell snatch 4kg

October 24, 2011

Written by Andrea

Sunday, 23 October 2011 16:19 -

Right-arm kettlebell snatch 4kg

Pull up progressions