

December 9, 2011

Written by Andrea
Thursday, 08 December 2011 19:38 -



Advanced

For 15 minutes do:

400m run

21 kettlebell deadlifts 32kg

Intermediate

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For 15 minutes do:

400m run

15 kettlebell deadlifts 24kg

Beginner

For 10 minutes do:

200m run

10 kettlebell deadlifts 16kg

Sub rowing for the run as needed.

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