

December 30, 2011

Written by Andrea
Thursday, 29 December 2011 22:26 -



"Baby Ricky"

Advanced

For 15 minutes do:

10 pull ups

5 kettlebell deadlifts 32kg

8 push press #65

December 30, 2011

Written by Andrea
Thursday, 29 December 2011 22:26 -

Intermediate

For 15 minutes do:

10 pull ups or progressions

5 kettlebell deadlifts 24kg

8 push press #45

Beginner

For 10 minutes do:

10 pull up progressions

5 kettlebell deadlifts 16kg

8 push press #15-25

December 30, 2011

Written by Andrea

Thursday, 29 December 2011 22:26 -

Sub dumbbells for push press as needed.