

**December 30, 2011**

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

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**"Baby Ricky"**

**Advanced**

For 15 minutes do:

10 pull ups

5 kettlebell deadlifts 32kg

8 push press #65

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## **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

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Sub dumbbells for push press as needed.