

January 22, 2012

Written by Andrea
Saturday, 21 January 2012 20:04 -



Advanced

7 rounds

7 kettlebell deadlifts 32kg

7 pull ups

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Intermediate

7 rounds

7 kettlebell deadlifts 24kg

7 pull ups or progressions

Beginner

7 rounds

7 kettlebell deadlifts 16kg

7 pull up progressions