

**February 7, 2012**

Written by Andrea  
Monday, 06 February 2012 23:09 -

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## **Advanced**

5 rounds

400m run

12 kettlebell deadlifts 32kg

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## **Intermediate**

4 rounds

400m run

12 kettlebell deadlifts 24kg

## **Beginner**

3 rounds

200m run

9 kettlebell deadlifts 16kg