

**March 23, 2012**

Written by Andrea  
Thursday, 22 March 2012 17:09 -

---

"Baby Diane" Advanced 21-15-9 Kettlebell deadlifts #75-100 Push ups Intermediate 21-15-9

Kettlebell deadlifts #50-75

Push ups

Beginner

15-12-9

Kettlebell deadlifts #25-50

Push ups



**"Baby Diane"**

**Advanced**

**March 23, 2012**

Written by Andrea  
Thursday, 22 March 2012 17:09 -

---

21-15-9

Kettlebell deadlifts 32kg

Push ups

**Intermediate**

21-15-9

Kettlebell deadlifts 24kg

Push ups

**Beginner**

15-12-9

Kettlebell deadlifts 16kg

**March 23, 2012**

Written by Andrea  
Thursday, 22 March 2012 17:09 -

---

Push ups