

**April 17, 2012**

Written by Andrea  
Monday, 16 April 2012 16:13 -

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"Etta" Advanced 30-20-10 Kettlebell deadlifts 32kg Step ups Push ups Intermediate 24-18-12

Kettlebell deadlifts 24kg

Step ups

Push ups

Beginner

18-12-6

Kettlebell deadlifts 16kg

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