

"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

Step ups

Push ups

Beginner

April 17, 2012
Written by Andrea Monday, 16 April 2012 16:13 -
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