

**June 10, 2013**

Written by Andrea  
Sunday, 09 June 2013 19:00 -

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**Advanced**

21-15-9

Backsquat #65

Shoulder press #65

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Deadlift 32kg kettlebell

## **Intermediate**

21-15-9

Backsquat #45

Shoulder press #45

Deadlift 24kg kettlebell

## **Beginner**

15-12-9

Backsquat #15-25

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Shoulder press #15-25

Deadlift 16kg kettlebell