

**June 11, 2013**

Written by Andrea  
Monday, 10 June 2013 18:30 -

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## **Advanced**

21-15-9

Left-arm kettlebell snatch 12kg

Right-arm kettlebell snatch 12kg

Pull ups

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## **Intermediate**

21-15-9

Left-arm kettlebell snatch 8kg

Right-arm kettlebell snatch 8kg

Pull ups or progressions

## **Beginner**

15-12-9

Left-arm kettlebell snatch 4kg

Right-arm kettlebell snatch 4kg

Pull up progressions