

June 11, 2013

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



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