

July 9, 2013

Written by Andrea

Monday, 08 July 2013 18:15 -



"Baby Diane"

Advanced

21-15-9

Kettlebell deadlifts 32kg

Push ups

Intermediate

July 9, 2013

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Monday, 08 July 2013 18:15 -

21-15-9

Kettlebell deadlifts 24kg

Push ups

Beginner

15-12-9

Kettlebell deadlifts 16kg

Push ups