

**August 9, 2013**

Written by Andrea  
Thursday, 08 August 2013 18:56 -

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## **Advanced**

5 rounds

10 sumo deadlift high-pull 24kg kettlebell

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10 dips

## **Intermediate**

4 rounds

10 sumo deadlift high-pull 16kg kettlebell

10 dips

## **Beginner**

3 rounds

10 sumo deadlift high-pull 8-12kg kettlebell

10 dips

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Use bands for the dips as needed, or scale to jump to support.