

**November 10, 2013**

Written by Andrea

Saturday, 09 November 2013 20:13 -

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**Advanced**

21-15-9

Kettlebell deadlifts 32kg

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Overhead squats #65

## **Intermediate**

21-15-9

Kettlebell deadlifts 24kg

Overhead squats #45

## **Beginner**

15-12-9

Kettlebell deadlifts 16kg

Overhead squats #15-25