

**January 16, 2014**

Written by Andrea  
Wednesday, 15 January 2014 21:42 -

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## **Advanced**

21-15-9

Back squat #65

Shoulder press #65

Deadlift 32kg kettlebell

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## **Intermediate**

21-15-9

Back squat #45

Shoulder press #45

Deadlift 24kg kettlebell

## **Beginner**

15-12-9

Back squat #15-25

Shoulder press #15-25

Deadlift 16kg kettlebell