

January 16, 2014

Written by Andrea

Wednesday, 15 January 2014 21:42 -



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