

**April 26, 2011**

Written by Andrea

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### **Advanced**

21-15-9

Kettlebell deadlifts 32kg

Overhead squats #65

### **Intermediate**

21-15-9

Kettlebell deadlifts 24kg

Overhead squats #45

### **Beginner**

15-12-9

Kettlebell deadlifts 16kg

Overhead squats #15-25