

**June 22, 2011**

Written by Andrea  
Tuesday, 21 June 2011 20:41 -

---



## **Advanced**

3 rounds

10 kettlebell deadlifts 32-40kg

20 knees to elbows

**June 22, 2011**

Written by Andrea  
Tuesday, 21 June 2011 20:41 -

---

## **Intermediate**

3 rounds

10 kettlebell deadlifts 24kg

15 knees to elbows or knee ups

## **Beginner**

3 rounds

10 kettlebell deadlifts 12kg

10 knees to elbows or knee ups