

August 24, 2011

Written by Andrea
Tuesday, 23 August 2011 16:22 -



Advanced

5 rounds

10 kettlebell deadlifts 32kg

10 toes to bar or knees to elbows

Intermediate

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4 rounds

10 kettlebell deadlifts 24kg

10 knees to elbows

Beginner

3 rounds

10 kettlebell deadlifts 16kg

10 knees to elbows or knee ups