

September 9, 2011

Written by Andrea
Thursday, 08 September 2011 20:04 -



"Baby Diane"

Advanced

21-15-9

Kettlebell deadlifts #75-100

Push ups

Intermediate

21-15-9

September 9, 2011

Written by Andrea
Thursday, 08 September 2011 20:04 -

Kettlebell deadlifts #50-75

Push ups

Beginner

15-12-9

Kettlebell deadlifts #25-50

Push ups