

**October 2, 2011**

Written by Andrea  
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### **Advanced**

21-15-9

Hang power cleans #65

Kettlebell deadlifts 32kg

Box jumps or step ups

### **Intermediate**

21-15-9

Hang power cleans #45

Kettlebell deadlifts 24kg

Box jumps or step ups

### **Beginners**

15-12-9

Hang power cleans #15-25

Kettlebell deadlifts 16kg

Step ups