

**October 10, 2011**

Written by Andrea  
Sunday, 09 October 2011 16:37 -

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**"Baby Diane"**

**Advanced**

21-15-9

Kettlebell deadlifts #75-100

Push ups

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## **Intermediate**

21-15-9

Kettlebell deadlifts #50-75

Push ups

## **Beginner**

15-12-9

Kettlebell deadlifts #25-50

Push ups