

October 14, 2011

Written by Andrea
Thursday, 13 October 2011 19:00 -



"Etta"

Advanced

30-20-10

Kettlebell deadlifts 32kg

Step ups

Push ups

Intermediate

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24-18-12

Kettlebell deadlifts 24kg

Step ups

Push ups

Beginner

18-12-6

Kettlebell deadlifts 16kg

Step ups

Push ups