

**October 15, 2011**

Written by Andrea  
Friday, 14 October 2011 16:30 -

---



## **Advanced**

5 rounds

7 hang power cleans #65

14 one-armed kettlebell swings 12kg

## **Intermediate**

**October 15, 2011**

Written by Andrea  
Friday, 14 October 2011 16:30 -

---

5 rounds

7 hang power cleans #45

14 one-armed kettlebell swings 8kg

## **Beginner**

5 rounds

7 hang power cleans #15-25

10 one-armed kettlebell swings 4kg

Sub dumbbells for the cleans if needed.

**October 15, 2011**

Written by Andrea  
Friday, 14 October 2011 16:30 -

---