

October 23, 2011

Written by Andrea

Saturday, 22 October 2011 19:18 -



"Baby Bradshaw"

Advanced

9 rounds

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3 shoulder press #65

5 kettlebell deadlifts 32kg

7 pull ups

9 double or single unders

Intermediate

7 rounds

3 shoulder press #45

5 kettlebell deadlifts 24kg

7 pull ups or progressions

9 double or single unders

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Beginner

5 rounds

3 shoulder press #15-25

5 kettlebell deadlift 16kg

7 pull up progressions

9 single unders or step ups