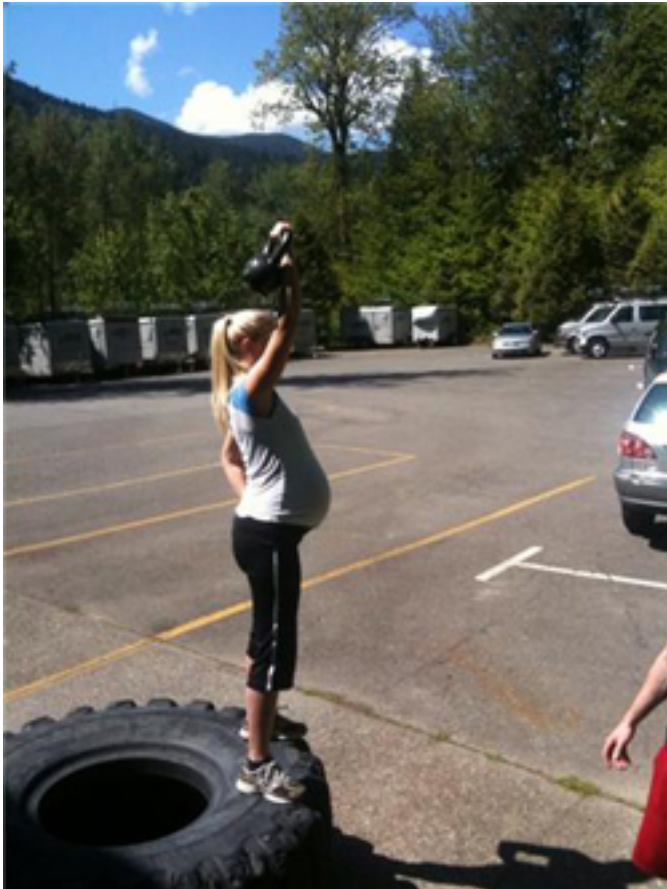


**October 24, 2011**

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Sunday, 23 October 2011 16:19 -

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## **Advanced**

21-15-9

Left-arm kettlebell snatch 12kg

Right-arm kettlebell snatch 12kg

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Sunday, 23 October 2011 16:19 -

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Pull ups

## **Intermediate**

21-15-9

Left-arm kettlebell snatch 8kg

Right-arm kettlebell snatch 8kg

Pull ups or progressions

## **Beginner**

15-12-9

Left-arm kettlebell snatch 4kg

**October 24, 2011**

Written by Andrea

Sunday, 23 October 2011 16:19 -

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Right-arm kettlebell snatch 4kg

Pull up progressions