

November 28, 2011

Written by Andrea

Sunday, 27 November 2011 19:03 -



Advanced

32kg kettlebell deadlift, 21 reps
Plank walk 21 meters
32kg kettlebell deadlift, 15 reps
Plank walk 15 meters
32kg kettlebell deadlift, 9 reps
Plank walk 9 meters

Intermediate

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24kg kettlebell deadlift, 21 reps

Plank walk 21 meters

24kg kettlebell deadlift, 15 reps

Plank walk 15 meters

24kg kettlebell deadlift, 9 reps

Plank walk 9 meters

Beginner

16kg kettlebell deadlift, 15 reps

Plank walk 15 meters

16kg kettlebell deadlift, 12 reps

Plank walk 12 meters

16kg kettlebell deadlift, 9 reps

Plank walk 9 meters

Plank walk: Get into a plank position. Move your right hand and right foot to the right. Bring your left hand and left foot to right so you are back in a plank. Continue in this fashion until you have gone the required number of meters.