

January 28, 2012

Written by Andrea
Friday, 27 January 2012 17:19 -



"Baby Desforges"

Advanced

3 rounds

5 kettlebell deadlifts 32kg

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10 pull ups

5 dumbbell hang power clean & jerk #25 DB's

10 knees to elbows

Intermediate

3 rounds

5 kettlebell deadlifts 24kg

10 pull ups or progressions

5 dumbbell hang power clean & jerk #15 DB's

10 knees to elbows

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Beginner

3 rounds

5 kettlebell deadlifts 16kg

10 pull up progressions

5 dumbbell hang power clean & jerk #10 DB's

10 knees to elbows