

March 10, 2012

Written by Andrea
Friday, 09 March 2012 18:19 -



"Baby DT"

Advanced

4 rounds

12 kettlebell deadlifts #32kg

9 hang power cleans #65

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6 push jerks #65

Intermediate

4 rounds

12 kettlebell deadlifts #24kg

9 hang power cleans #45

6 push jerks #45

Beginner

3 rounds

12 kettlebell deadlifts #16kg

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9 hang power cleans #15-25

6 push jerks #15-25