

March 26, 2012

Written by Andrea
Sunday, 25 March 2012 21:40 -



Advanced

21-15-9

Back squats #65

One-armed kettlebell swings 12kg

Intermediate

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Sunday, 25 March 2012 21:40 -

21-15-9

Back squats #45

One-armed kettlebell swings 8kg

Beginner

15-12-9

Back squats #15-25

One-armed kettlebell swings 4kg