

April 10, 2013

Written by Andrea

Tuesday, 09 April 2013 16:18 -



"Baby Diane"

Advanced

21-15-9

Kettlebell deadlifts 32kg

Push ups

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Intermediate

21-15-9

Kettlebell deadlifts 24kg

Push ups

Beginner

15-12-9

Kettlebell deadlifts 16kg

Push ups