

June 10, 2013

Written by Andrea
Sunday, 09 June 2013 19:00 -



Advanced

21-15-9

Backsquat #65

Shoulder press #65

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Deadlift 32kg kettlebell

Intermediate

21-15-9

Backsquat #45

Shoulder press #45

Deadlift 24kg kettlebell

Beginner

15-12-9

Backsquat #15-25

June 10, 2013

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Shoulder press #15-25

Deadlift 16kg kettlebell