

Advanced

21-15-9

Kettlebell deadlifts 32kg

June 30, 2013
Written by Andrea Saturday, 29 June 2013 16:45 -
Overhead squats #65
La La compa a d'anta
Intermediate
21-15-9
Kettlebell deadlifts 24kg
Overhead squats #45
Beginner
15-12-9
Kettlebell deadlifts 16kg

Overhead squats #15-25