

**June 30, 2013**

Written by Andrea  
Saturday, 29 June 2013 16:45 -

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**Advanced**

21-15-9

Kettlebell deadlifts 32kg

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Overhead squats #65

## **Intermediate**

21-15-9

Kettlebell deadlifts 24kg

Overhead squats #45

## **Beginner**

15-12-9

Kettlebell deadlifts 16kg

Overhead squats #15-25