

**July 9, 2013**

Written by Andrea  
Monday, 08 July 2013 18:15 -

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**"Baby Diane"**

**Advanced**

21-15-9

Kettlebell deadlifts 32kg

Push ups

**Intermediate**

**July 9, 2013**

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21-15-9

Kettlebell deadlifts 24kg

Push ups

**Beginner**

15-12-9

Kettlebell deadlifts 16kg

Push ups