

**July 11, 2013**

Written by Andrea  
Wednesday, 10 July 2013 18:55 -

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**Advanced**

21-15-9

Back squat #65

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Shoulder press #65

Deadlift 32kg kettlebell

## **Intermediate**

21-15-9

Back squat #45

Shoulder press #45

Deadlift 24kg kettlebell

## **Beginner**

15-12-9

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Back squat #15-25

Shoulder press #15-25

Deadlift 16kg kettlebell