

August 9, 2013

Written by Andrea

Thursday, 08 August 2013 18:56 -



Advanced

5 rounds

10 sumo deadlift high-pull 24kg kettlebell

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10 dips

Intermediate

4 rounds

10 sumo deadlift high-pull 16kg kettlebell

10 dips

Beginner

3 rounds

10 sumo deadlift high-pull 8-12kg kettlebell

10 dips

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Use bands for the dips as needed, or scale to jump to support.