

May 16, 2014

Written by Andrea
Thursday, 15 May 2014 18:02 -



Advanced

30-20-10

Knees to elbows

One-armed kettlebell swings 12kg

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Intermediate

20-15-10

Knees to elbows

One-armed kettlebell swings 8kg

Beginner

15-10-5

Knees to elbows

One-armed kettlebell swings 4kg