

March 4, 2011

Written by Andrea
Thursday, 03 March 2011 21:55 -



Advanced

5 rounds

15 backsquats #65

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15 shoulder press #25 dumbbells

Intermediate

4 rounds

15 backsquats #45

15 shoulder press #20 dumbbells

Beginner

3 rounds

15 backsquats #25

15 shoulder press #15 dumbbells

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