

April 7, 2011

Written by Andrea
Wednesday, 06 April 2011 21:19 -



"Baby J.T."

Advanced

21-15-9

Shoulder press #65

Dips

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Push ups

Intermediate

21-15-9

Shoulder press #45

Dips

Push ups

Beginner

15-12-9

Shoulder press #25

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Dips

Push ups

Dips can be done on the rings, parallel bars or a bench.