

**May 17, 2011**

Written by Andrea  
Monday, 16 May 2011 19:14 -

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## **Advanced**

3 rounds

15 thrusters #45

15 push ups

## **Intermediate**

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3 rounds

15 thrusters #25

15 push ups or progressions

**Beginner**

3 rounds

12 thrusters #15

12 push up progressions