

**June 13, 2011**

Written by Andrea

Sunday, 12 June 2011 19:07 -

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**"Madeline"**

**Advanced**

21-15-9

Ring dips

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Backsquats #65

Pull ups

## **Intermediate**

21-15-9

Ring or bar dips

Backsquats #45

Pull ups or ring rows

## **Beginner**

15-12-9

Bar or bench dips

Backsquats #25

Ring rows

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