

June 28, 2011

Written by Andrea
Monday, 27 June 2011 19:45 -



Advanced

21-15-9

Dumbbell press #25-30 DB's

Pull ups

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Intermediate

21-15-9

Dumbbell press #20 DB's

Pull ups or progressions

Beginner

15-12-9

Dumbbell press #10 DB's

Pull up progressions