

**July 12, 2011**

Written by Andrea  
Monday, 11 July 2011 19:50 -

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**Advanced**

21-15-9-6-3

Pull ups

Shoulder press #65

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## **Intermediate**

21-15-9

Pull ups or progressions

Shoulder press #45

## **Beginner**

15-12-9

Pull up progressions

Shoulder press #15-25