

**October 3, 2011**

Written by Andrea  
Sunday, 02 October 2011 16:26 -

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## **Advanced**

5 rounds

10 shoulder press #20 dumbbells

10 pull ups

10 walking lunges with dumbbells

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## **Intermediate**

4 rounds

10 shoulder press #15 dumbbells

10 pull ups or progressions

10 walking lunges with dumbbells

## **Beginner**

3 rounds

10 shoulder press #10 dumbbells

10 pull up progressions

10 walking lunges with dumbbells

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