

December 6, 2011

Written by Andrea
Monday, 05 December 2011 19:33 -



"Malachi"

Advanced

30-20-10

Box jumps or step ups

Back squats #65

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Dips

Intermediate

24-18-12

Box jumps or step ups

Back squats #45

Dips

Beginner

18-12-6

Step ups

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Back squats #15-25

Dips

For dips, use rings, parallel bars or a bench.