

**December 10, 2011**

Written by Andrea

Friday, 09 December 2011 21:13 -

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## **Advanced**

5 rounds

10 shoulder press #75

10 pull ups

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## **Intermediate**

4 rounds

10 shoulder press #45

10 pull ups or progressions

## **Beginner**

3 rounds

10 shoulder press #25

10 pull up progressions