

**June 7, 2013**

Written by Andrea  
Thursday, 06 June 2013 19:09 -

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**Advanced**

21-15-9

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Dumbbell press #25

Pull ups

Dumbbell snatch, alternating #25

## **Intermediate**

21-15-9

Dumbbell press #20

Pull ups or progressions

Dumbbell snatch, alternating #20

## **Beginner**

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15-12-9

Dumbbell press #10-15

Pull up progressions

Dumbbell snatch, alternating #10-15