

**June 9, 2013**

Written by Andrea  
Saturday, 08 June 2013 16:29 -

---



**Advanced**

21-15-9

Sumo deadlift high pull #55

**June 9, 2013**

Written by Andrea  
Saturday, 08 June 2013 16:29 -

---

Push jerk #55

## **Intermediate**

21-15-9

Sumo deadlift high pull #35

Push jerk #35

## **Beginner**

15-12-9

Sumo deadlift high pull #15

Push jerk #15

**June 9, 2013**

Written by Andrea  
Saturday, 08 June 2013 16:29 -

---