

**June 14, 2013**

Written by Andrea

Thursday, 13 June 2013 16:17 -

---



## **Advanced**

15-12-9

Dumbbell thrusters #30

Pull ups

**June 14, 2013**

Written by Andrea  
Thursday, 13 June 2013 16:17 -

---

Dips

## **Intermediate**

15-12-9

Dumbbell thrusters #20

Pull up or progressions

Dips

## **Beginner**

15-12-9

Dumbbell thrusters #15

**June 14, 2013**

Written by Andrea  
Thursday, 13 June 2013 16:17 -

---

Pull up progressions

Dips

**Dips:** Use rings, parallel bars or bands as needed.