

**June 18, 2013**

Written by Andrea  
Monday, 17 June 2013 19:34 -

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**Advanced**

21-15-9

Front squats #75

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Knees to elbows

## **Intermediate**

21-15-9

Front squats #55

Knees to elbows

## **Beginner**

15-12-9

Front squats #25-35

Knees to elbows