

**July 5, 2013**

Written by Andrea  
Thursday, 04 July 2013 16:56 -

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**Advanced**

21-15-9

Push ups

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Squats

Dumbbell hang power clean #25 DB's

### **Intermediate**

21-15-9

Push ups

Squats

Dumbbell hang power clean #15 DB's

### **Beginner**

15-12-9

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Push ups

Squats

Dumbbell hang power clean #10 DB's