

July 5, 2013

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



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