

September 1, 2013

Written by Andrea
Saturday, 31 August 2013 20:22 -



Advanced

20 shoulder press #65

20 squats

20 push press #65

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20 squats

20 push jerk #65

20 squats

Intermediate

15 shoulder press #45

15 squats

15 push press #45

15 squats

15 push jerk #45

15 squats

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Beginner

10 shoulder press #15-25

10 squats

10 push press #15-25

10 squats

10 push jerk #15-25

10 squats