

**December 16, 2013**

Written by Andrea

Sunday, 15 December 2013 21:22 -

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## **Advanced**

5 rounds

10 shoulder press #65

10 deadlifts #95

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## **Intermediate**

4 rounds

10 shoulder press #45

10 deadlifts #65

## **Beginner**

3 rounds

10 shoulder press #15-25

10 deadlifts #45

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If your belly does not allow for a proper, safe set up, please use the sumo stance for your deadlifts.