

**December 22, 2013**

Written by Andrea

Saturday, 21 December 2013 23:34 -

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## **Advanced**

5 rounds

10 dumbbell deadlift #30 DB's

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10 dumbbell front squat #30 DB's

10 shoulder press #30 DB's

## **Intermediate**

4 rounds

10 dumbbell deadlift #15-20 DB's

10 dumbbell front squat #15-20 DB's

10 shoulder press #15-20 DB's

## **Beginner**

3 rounds

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10 dumbbell deadlift #10-15 DB's

10 dumbbell front squat #10-15 DB's

10 shoulder press #10-15 DB's