

January 7, 2014

Written by Andrea
Monday, 06 January 2014 19:05 -



Advanced

3 rounds

15 shoulder press #30 dumbbells

15 dips

15 push ups

15 pull ups

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Intermediate

3 rounds

12 shoulder press #20 dumbbells

12 dips

12 push ups

12 pull ups or progressions

Beginner

3 rounds

9 shoulder press #10 dumbbells

9 dips

9 push ups

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9 pull up progressions

Use bands for the dips as needed, or scale to jump to support.