

**March 9, 2014**

Written by Andrea  
Saturday, 08 March 2014 18:58 -

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**Advanced**

21-15-9

Thrusters #65

Push ups

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## **Intermediate**

21-15-9

Thrusters #45

Push ups

## **Beginner**

15-12-9

Thrusters #15-25

Push ups