

March 29, 2014

Written by Andrea
Friday, 28 March 2014 17:15 -



Advanced

15 minutes of:

15 pull ups

15 deadlifts #95

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15 shoulder press, #25 dumbbells

Intermediate

15 minutes of:

15 pull ups or progressions

15 deadlifts #65

15 shoulder press, #15 dumbbells

Beginner

10 minutes of:

10 pull up progressions

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10 deadlifts #35

10 shoulder press, #10 dumbbells

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