

**April 3, 2014**

Written by Andrea

Wednesday, 02 April 2014 18:41 -

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## **Advanced**

20 minutes of:

10 dumbbell shoulder press #30

20 pull ups

30 lunges

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## **Intermediate**

15 minutes of:

10 dumbbell shoulder press #20

15 pull ups or progressions

20 lunges

## **Beginner**

10 minutes of:

10 dumbbell shoulder press #10

10 pull up progressions

10 lunges