

June 5, 2014

Written by Andrea

Wednesday, 04 June 2014 19:17 -



Advanced

21-15-9

Deadlifts #95

Pull ups

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Intermediate

21-15-9

Deadlifts #65

Pull ups or progressions

Beginner

15-12-9

Deadlifts #35

Pull up progressions

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

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