

**July 4, 2014**

Written by Andrea  
Thursday, 03 July 2014 16:10 -

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## **Advanced**

21-15-9

Deadlift #95

Pull ups

Front squat #65

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## **Intermediate**

21-15-9

Deadlift #65

Pull ups or progressions

Front squat #45

## **Beginner**

15-12-9

Deadlift #35

Pull up progressions

Front squat #15-25

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