

**March 4, 2011**

Written by Andrea  
Thursday, 03 March 2011 21:55 -

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**Advanced**

5 rounds

15 backsquats #65

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15 shoulder press #25 dumbbells

## **Intermediate**

4 rounds

15 backsquats #45

15 shoulder press #20 dumbbells

## **Beginner**

3 rounds

15 backsquats #25

15 shoulder press #15 dumbbells

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