

**July 15, 2011**

Written by Andrea  
Thursday, 14 July 2011 19:21 -

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## **Advanced**

5 rounds

10 front squats #65

10 push ups

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## **Intermediate**

4 rounds

10 front squats #45

10 push ups

## **Beginner**

3 rounds

10 front squats #25

10 push ups

For the front squats, you may use a barbell or dumbbells closest to the barbell weight.