

July 30, 2011

Written by Andrea
Friday, 29 July 2011 23:29 -

“Lucas”

Advanced

5 rounds

10 squats

10 muscle snatch #45

10 dips

Intermediate

4 rounds

10 squats

10 muscle snatch #25

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10 dips

Beginner

3 rounds

10 squats

10 muscle snatch #15

10 dips

For the dips, do them on the rings, parallel bars or a bench.