

**September 28, 2011**

Written by Andrea

Tuesday, 27 September 2011 20:25 -

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## **Advanced**

500m row

21-15-9

Push press #75

Squats

Push ups

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## **Intermediate**

500m row

21-15-9

Push press #45

Squats

Push ups

## **Beginner**

250m row

15-12-9

Push press #25

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Squats

Push ups