

October 3, 2011

Written by Andrea
Sunday, 02 October 2011 16:26 -



Advanced

5 rounds

10 shoulder press #20 dumbbells

10 pull ups

10 walking lunges with dumbbells

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Intermediate

4 rounds

10 shoulder press #15 dumbbells

10 pull ups or progressions

10 walking lunges with dumbbells

Beginner

3 rounds

10 shoulder press #10 dumbbells

10 pull up progressions

10 walking lunges with dumbbells

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