

**October 22, 2011**

Written by Andrea  
Friday, 21 October 2011 16:28 -

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**“Annie”**

**Advanced**

15-12-9-6-3

Push press #65

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Push ups

## **Intermediate**

15-12-9-6

Push press #45

Push ups

## **Beginner**

15-12-9

Push press #25-35

Push ups