

**March 8, 2012**

Written by Andrea  
Wednesday, 07 March 2012 19:55 -

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**12.3**

**Advanced**

21-15-9

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Box jumps

Push press #65

Toes to bar

## **Intermediate**

21-15-9

Box jumps or step ups

Push press #45

Toes to bar or knees to elbows

## **Beginner**

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15-12-9

Step ups

Push press #15-25

Knees to elbows