

April 2, 2013

Written by Andrea
Monday, 01 April 2013 18:51 -



Advanced

20 shoulder press #65

20 overhead squats #65

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20 push press #65

20 front squats #65

20 push jerks #65

20 back squats #65

Intermediate

15 shoulder press #45

15 overhead squats #45

15 push press #45

15 front squats #45

15 push jerks #45

15 back squats #45

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Beginner

10 shoulder press #15-25

10 overhead squats #15-25

10 push press #15-25

10 front squats #15-25

10 push jerks #15-25

10 back squats #15-25