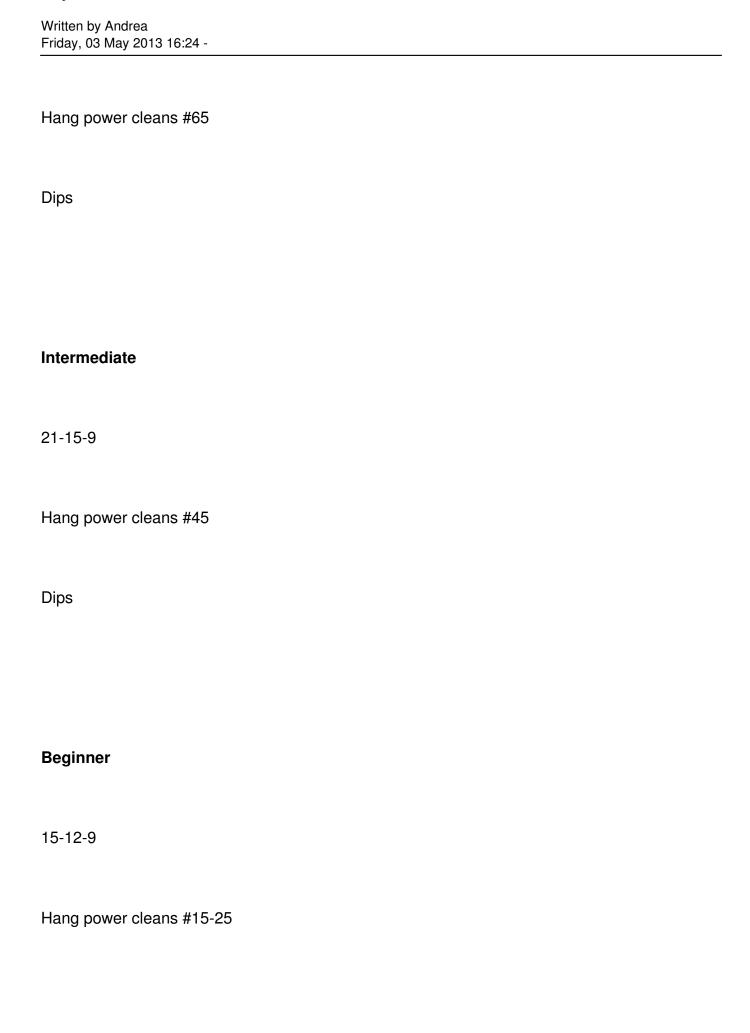


"Baby Elizabeth"

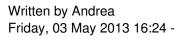
Advanced

21-15-9

May 4, 2013



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Dips

If your belly is in the way, substitute dumbbells for the barbell, using weights closest to those posted in your category.

Use bands for the dips as needed, or scale to jump to support.