

May 8, 2013

Written by Andrea  
Tuesday, 07 May 2013 19:25 -

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## Advanced

21-15-9

Dumbbell shoulder press #30 DB's

Pull ups

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## **Intermediate**

21-15-9

Dumbbell shoulder press #20 DB's

Pull ups or progressions

## **Beginner**

15-12-9

Dumbbell shoulder press #10 DB's

Pull up progressions