

June 9, 2013

Written by Andrea
Saturday, 08 June 2013 16:29 -



Advanced

21-15-9

Sumo deadlift high pull #55

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Push jerk #55

Intermediate

21-15-9

Sumo deadlift high pull #35

Push jerk #35

Beginner

15-12-9

Sumo deadlift high pull #15

Push jerk #15

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