

June 14, 2013

Written by Andrea

Thursday, 13 June 2013 16:17 -



Advanced

15-12-9

Dumbbell thrusters #30

Pull ups

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Dips

Intermediate

15-12-9

Dumbbell thrusters #20

Pull up or progressions

Dips

Beginner

15-12-9

Dumbbell thrusters #15

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Pull up progressions

Dips

Dips: Use rings, parallel bars or bands as needed.