

Advanced

21-15-9

Dumbbell shoulder press #30

June 21, 2013

Written by Andrea Thursday, 20 June 2013 16:57 -
Pull ups
Intermediate
21-15-9
Dumbbell shoulder press #20
Dull upa ar programiana
Pull ups or progressions
Beginner
15-12-9
D. white the histories #40
Dumbbell shoulder press #10
Pull up progressions