

**June 21, 2013**

Written by Andrea  
Thursday, 20 June 2013 16:57 -

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**Advanced**

21-15-9

Dumbbell shoulder press #30

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Pull ups

## **Intermediate**

21-15-9

Dumbbell shoulder press #20

Pull ups or progressions

## **Beginner**

15-12-9

Dumbbell shoulder press #10

Pull up progressions