

**June 25, 2013**

Written by Andrea  
Monday, 24 June 2013 19:20 -

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## **Advanced**

5 rounds

5 sumo deadlift #95

12 knees to elbows

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## **Intermediate**

5 rounds

5 sumo deadlift #65

10 knees to elbows

## **Beginner**

5 rounds

5 sumo deadlift #45

8 knees to elbows