

**January 7, 2014**

Written by Andrea  
Monday, 06 January 2014 19:05 -

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## **Advanced**

3 rounds

15 shoulder press #30 dumbbells

15 dips

15 push ups

15 pull ups

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## **Intermediate**

3 rounds

12 shoulder press #20 dumbbells

12 dips

12 push ups

12 pull ups or progressions

## **Beginner**

3 rounds

9 shoulder press #10 dumbbells

9 dips

9 push ups

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9 pull up progressions

Use bands for the dips as needed, or scale to jump to support.