

**July 20, 2014**

Written by Andrea  
Saturday, 19 July 2014 19:02 -

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## **Advanced**

21-15-9

Shoulder press #65

Pull ups

## **Intermediate**

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21-15-9

Shoulder press #45

Pull ups or progressions

**Beginner**

15-12-9

Shoulder press #15-25

Pull up progressions