

**July 22, 2014**

Written by Andrea  
Monday, 21 July 2014 20:34 -

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**Advanced**

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5 rounds

10 deadlifts #95

15 wall ball #14

## **Intermediate**

4 rounds

10 deadlifts #65

15 wall ball #10

## **Beginner**

3 rounds

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10 deadlifts #45

15 wall ball #6