

May 23, 2014

Written by Andrea

Thursday, 22 May 2014 19:08 -



Advanced

21-15-9

Deadlifts #95

Push ups

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Box jumps

Intermediate

21-15-9

Deadlifts #65

Push ups

Box jumps or step ups

Beginner

15-12-9

Deadlifts #35

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Push ups

Step ups

If your belly does not allow for a proper, safe set up, please use the sumo stance for your deadlifts.