

**March 13, 2011**

Written by Andrea  
Saturday, 12 March 2011 20:05 -

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**Advanced**

5 rounds  
10 wall ball #12-14  
10 pull ups

**Intermediate**

4 rounds  
10 wall ball #8-10  
10 pull ups or progressions

**Beginner**

3 rounds  
10 wall ball #6-8  
10 pull up progressions