

## **Advanced**

5 rounds

10 front squats #65

## March 20, 2011

Written by Andrea

Saturday, 19 March 2011 21:26 -
10 pull ups
Intermediate
4 rounds
10 front equate #45
10 front squats #45
10 pull ups or progressions
Beginner
3 rounds
10 front squats #25
10 pull up progressions