

**April 30, 2011**

Written by Andrea  
Friday, 29 April 2011 18:51 -

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**"Baby Jackie"**

**Advanced**

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Row 1000m

50 thrusters #35

30 pull ups

### **Intermediate**

Row 750m

40 thrusters #25

20 pull ups or progressions

### **Beginner**

Row 500m

30 thrusters #15

15 pull up progressions or ring rows