

May 4, 2011

Written by Andrea
Tuesday, 03 May 2011 19:15 -



Advanced

5 rounds

10 front squats #65

10 pull ups

Intermediate

4 rounds

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10 front squats #45

10 pull ups or progressions

Beginner

3 rounds

10 front squats #25

10 pull up progressions

For the front squats, you may use a barbell or dumbbells closest to the barbell weight.