

May 20, 2011

Written by Andrea
Thursday, 19 May 2011 19:04 -



"Baby Wilmot"

Advanced

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6 rounds

9 squats

9 dips

Intermediate

6 rounds

7 squats

7 dips

Beginner

6 rounds

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5 squats

5 dips

For the dips, use rings, bars, bench or band assisted.