

June 9, 2011

Written by Andrea
Wednesday, 08 June 2011 19:05 -



Advanced

For 15 minutes do:

3 beginner rope climbs

10 dips

15 wall ball #14

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Intermediate

For 15 minutes do:

3 beginner rope climbs

10 dips

15 wall ball #10

Beginner

For 10 minutes do:

3 beginner rope climbs

10 dips

15 wall ball #6

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For dips, use rings, parallel bars or a bench.