

June 20, 2011

Written by Andrea
Sunday, 19 June 2011 20:01 -



Advanced

3 rounds

20 side to side jumps over a small hurdle

20 wall ball #14

Intermediate

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3 rounds

15 side to side jumps over a small hurdle or line on the ground

15 wall ball #12

Beginner

3 rounds

10 side to side hops over a line on the ground

10 wall ball #10