

July 26, 2011

Written by Andrea
Monday, 25 July 2011 16:25 -



"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