

August 5, 2011

Written by Andrea
Thursday, 04 August 2011 22:06 -

"Cam"

Advanced

30-20-10

Ring rows

Push ups

Good mornings #45 bar

Intermediate

24-18-12

Ring rows

August 5, 2011

Written by Andrea
Thursday, 04 August 2011 22:06 -

Push ups

Good mornings #35 bar

Beginner

18-12-6

Ring rows

Push ups

Good mornings #25 bar