

**August 7, 2011**

Written by Andrea  
Saturday, 06 August 2011 20:48 -

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Courtesy of Mikki at Brand X

**“Logan”**

**Advanced**

21-15-9  
Wall ball #14  
Pull ups

**Intermediate**

21-15-9  
Wall ball #10  
Pull ups or progressions

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## **Beginner**

15-12-9

Wall ball #6

Pull up progressions