

October 8, 2011

Written by Andrea
Friday, 07 October 2011 19:02 -



"Baby Cindy"

Advanced and Intermediate

For 15 minutes do:

5 pull ups or progressions

October 8, 2011

Written by Andrea
Friday, 07 October 2011 19:02 -

10 push ups

15 squats

Beginner

For 10 minutes do:

5 pull ups, progressions or ring rows

10 push ups

15 squats