

October 22, 2011

Written by Andrea
Friday, 21 October 2011 16:28 -



“Annie”

Advanced

15-12-9-6-3

Push press #65

October 22, 2011

Written by Andrea
Friday, 21 October 2011 16:28 -

Push ups

Intermediate

15-12-9-6

Push press #45

Push ups

Beginner

15-12-9

Push press #25-35

Push ups