

**November 13, 2011**

Written by Andrea

Saturday, 12 November 2011 17:39 -

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## **Advanced**

21-15-9

Toes to bar

Wall ball #14

## **Intermediate**

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21-15-9

Toes to bar

Wall ball #10

**Beginner**

15-12-9

Toes to bar

Wall ball #6

If you cannot do toes to bar, sub knees to elbows or knee ups.