

November 20, 2011

Written by Andrea

Saturday, 19 November 2011 20:14 -



"Baby Fran"

Advanced

21-15-9

Thrusters #65

Pull ups

Intermediate

21-15-9

Thrusters #45

Pull ups

Beginner

15-12-9

Thrusters #15-25

Pull ups

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Sub ring rows or pull up progressions for pull ups as needed.

Please remember to watch intensity. This is NOT for time.