

December 15, 2011

Written by Andrea

Wednesday, 14 December 2011 19:47 -



Advanced

3 rounds

14 pull ups

December 15, 2011

Written by Andrea
Wednesday, 14 December 2011 19:47 -

14 dips

21 thrusters #30 dumbbells

Intermediate

3 rounds

14 pull ups or progressions

14 dips

14 thrusters #20 dumbbells

Beginner

3 rounds

December 15, 2011

Written by Andrea

Wednesday, 14 December 2011 19:47 -

12 pull up progressions

12 dips

12 thrusters #10 dumbbells