

**February 3, 2012**

Written by Andrea  
Thursday, 02 February 2012 23:26 -

---



**"Warrick"**

**Advanced**

15-12-9-6-3

Wall ball #14

Step ups

**February 3, 2012**

Written by Andrea  
Thursday, 02 February 2012 23:26 -

---

## **Intermediate**

15-12-9-6

Wall ball #10

Step ups

## **Beginner**

15-12-9

Wall ball #6

Step ups