

February 25, 2012

Written by Andrea
Friday, 24 February 2012 21:48 -



"Baby Cindy"

Advanced and Intermediate

For 15 minutes do:

February 25, 2012

Written by Andrea
Friday, 24 February 2012 21:48 -

5 pull ups or progressions

10 push ups

15 squats

Beginner

For 10 minutes do:

5 pull ups or progressions

10 push ups

15 squats