

March 8, 2012

Written by Andrea
Wednesday, 07 March 2012 19:55 -



12.3

Advanced

21-15-9

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Box jumps

Push press #65

Toes to bar

Intermediate

21-15-9

Box jumps or step ups

Push press #45

Toes to bar or knees to elbows

Beginner

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15-12-9

Step ups

Push press #15-25

Knees to elbows