

March 22, 2012

Written by Andrea

Wednesday, 21 March 2012 20:26 -

"Baby Fran" Advanced 21-15-9 Thrusters #65 Pull ups Intermediate 21-15-9 Thrusters #45 Pull ups P

Beginner

12.5 For 7 minutes do:

Advanced #65, Intermediate #45, Beginner #15-25 3 thrusters 3 pull ups 6 thrusters 6 pull ups 9 thrusters

9 pull ups

12 thrusters

12 pull ups

15 thrusters

15 pull ups

If you still have time, continue, adding 3 reps each round until you run out of time. Use pull up progressions as needed.

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