

April 11, 2013

Written by Andrea

Wednesday, 10 April 2013 16:13 -



"Baby Fran"

Advanced

21-15-9

Thrusters #65

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Pull ups

Intermediate

21-15-9

Thrusters #45

Pull ups

Beginner

15-12-9

Thrusters #15-25

Pull ups

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Sub ring rows, bands or pull up progressions for pull ups as needed.