

**April 11, 2013**

Written by Andrea

Wednesday, 10 April 2013 16:13 -

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**"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.