

**April 20, 2013**

Written by Andrea  
Friday, 19 April 2013 16:30 -

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**"Baby Jackie"**

**Advanced**

Row 1000m

50 thrusters #35

30 pull ups

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## **Intermediate**

Row 750m

40 thrusters #25

20 pull ups or progressions

## **Beginner**

Row 500m

30 thrusters #15

15 pull up progressions