

June 1, 2013

Written by Andrea
Friday, 31 May 2013 21:08 -



Advanced

3 rounds

20 toes to bar

20 push press #65

20 walking lunges

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Intermediate

3 rounds

15 toes to bar

15 push press #45

15 walking lunges

Beginner

3 rounds

10 toes to bar

10 push press #15-25

10 walking lunges