

June 6, 2013

Written by Andrea

Wednesday, 05 June 2013 19:31 -



"Baby Annie"

Advanced

30-25-20

Double unders

Knees to elbows

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Intermediate

25-20-15

Single unders or step ups

Knees to elbows

Beginner

20-15-10

Step ups

Knees to elbows