

June 29, 2013

Written by Andrea
Friday, 28 June 2013 17:17 -



Advanced

3 rounds

1000m row

20 wall ball #14

20 pull ups

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Intermediate

3 rounds

750m row

15 wall ball #10

15 pull ups or progressions

Beginner

3 rounds

500m row

10 wall ball #6

10 pull up progressions