

Advanced

3 rounds

20 knees to elbows

July 13, 2013

Written by Andrea Friday, 12 July 2013 19:24 -
20 box jumps
20 pull ups
20 overhead walking lunges #25 plate
Intermediate
3 rounds
15 knees to elbows
15 box jumps or step ups
15 pull ups or progressions
15 overhead walking lunges #15 plate

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Written by Andrea Friday, 12 July 2013 19:24 -