

**July 20, 2013**

Written by Andrea  
Friday, 19 July 2013 18:34 -

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**Advanced**

21-15-9

Knees to elbows

Wall ball #14

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## **Intermediate**

21-15-9

Knees to elbows

Wall ball #10

## **Beginner**

15-12-9

Knees to elbows

Wall ball #6