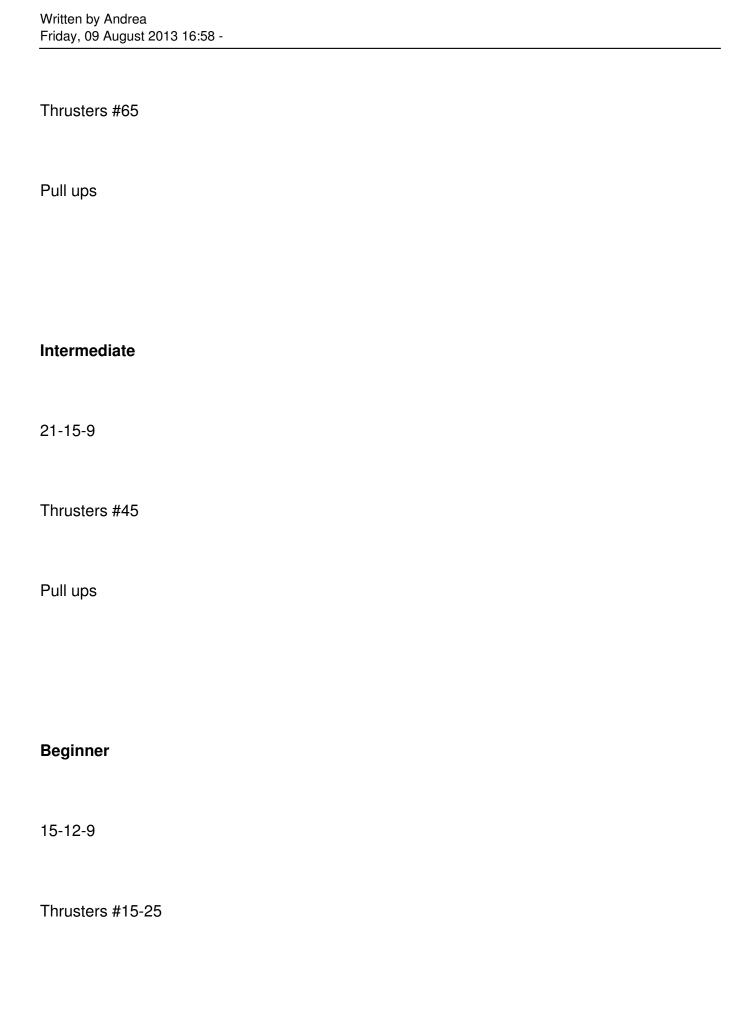


"Baby Fran"

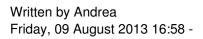
Advanced

21-15-9

August 10, 2013



August 10, 2013



Pull ups

Sub ring rows, bands or pull up progressions for pull ups as needed.