

September 23, 2013

Written by Andrea
Sunday, 22 September 2013 20:28 -



Advanced

21-15-9

Overhead squats #65

Knees to elbows

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Intermediate

21-15-9

Overhead squats #45

Knees to elbows

Beginner

15-12-9

Overhead squats #15-25

Knees to elbows