

September 29, 2013

Written by Andrea
Saturday, 28 September 2013 18:12 -



Advanced

21-15-9

Walking lunges

Pull ups

Barbell thrusters #65

Knees to elbows

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Intermediate

18-12-6

Walking lunges

Pull ups or progressions

Barbell thrusters #45

Knees to elbows

Beginner

15-9-3

Walking lunges

Pull up progressions

Barbell thrusters #15-25

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Knees to elbows