

November 20, 2013

Written by Andrea

Tuesday, 19 November 2013 19:38 -



Advanced

21-15-9

Box jumps

Overhead squats #65

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Pull ups

Intermediate

21-15-9

Box jumps or step ups

Overhead squats #45

Pull ups or progressions

Beginner

15-12-9

Step ups

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Overhead squats #15-25

Pull up progressions