

January 1, 2014

Written by Andrea

Tuesday, 31 December 2013 20:10 -



Advanced

5 rounds

12 knees to elbows

12 thrusters #65

Intermediate

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4 rounds

12 knees to elbows

12 thrusters #45

Beginner

3 rounds

12 knees to elbows

12 thrusters #15-25