

## **Advanced**

21-15-9

Good mornings

## January 13, 2014

Written by Andrea

| Sunday, 12 January 2014 20:02 - |
|---------------------------------|
| Knees to elbows                 |
| Overhead squats #65             |
|                                 |
|                                 |
| Intermediate                    |
| 21-15-9                         |
| Good mornings                   |
| Knees to elbows                 |
| Overhead squats #45             |
|                                 |
| Doginnar                        |
| Beginner                        |
| 15-12-9                         |
|                                 |

## January 13, 2014

| Written by Andrea             |
|-------------------------------|
| Sunday, 12 January 2014 20:02 |
|                               |

Good mornings

Knees to elbows

Overhead squats #15-25