

January 13, 2014

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



Advanced

21-15-9

Good mornings

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Knees to elbows

Overhead squats #65

Intermediate

21-15-9

Good mornings

Knees to elbows

Overhead squats #45

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