

January 28, 2014

Written by Andrea
Monday, 27 January 2014 22:10 -



Advanced

15-12-9

Thrusters #65

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Sumo deadlift high pulls #55

Intermediate

15-12-9

Thrusters #45

Sumo deadlift high pulls #35

Beginner

15-12-9

Thrusters #25

Sumo deadlift high pulls #15