

March 7, 2014

Written by Andrea
Thursday, 06 March 2014 20:33 -



Rest Day

or

14.2

Advanced

March 7, 2014

Written by Andrea
Thursday, 06 March 2014 20:33 -

2 rounds

10 overhead squats #65

10 pull ups

Rest 1 minute

2 rounds

10 overhead squats #65

10 pull ups

Rest 1 minute

2 rounds

10 overhead squats #65

10 pull ups

March 7, 2014

Written by Andrea
Thursday, 06 March 2014 20:33 -

Intermediate

2 rounds

8 overhead squats #45

8 pull ups or progressions

Rest 1 minute

2 rounds

8 overhead squats #45

8 pull ups or progressions

Rest 1 minute

2 rounds

8 overhead squats #45

8 pull ups or progressions

March 7, 2014

Written by Andrea
Thursday, 06 March 2014 20:33 -

Beginner

2 rounds

6 overhead squats #15-25

6 pull up progressions

Rest 1 minute

2 rounds

6 overhead squats #15-25

6 pull up progressions

Rest 1 minute

2 rounds

6 overhead squats #15-25

6 pull up progressions

March 7, 2014

Written by Andrea

Thursday, 06 March 2014 20:33 -
