

March 18, 2014

Written by Andrea
Monday, 17 March 2014 16:11 -



Advanced

30 pull ups

400m run

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21 thrusters #65

400m run

21 thrusters #65

400m run

30 pull ups

Intermediate

20 pull ups or progressions

400m run

15 thrusters #45

400m run

15 thrusters #45

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400m run

20 pull ups or progressions

Beginner

10 pull up progressions

200m run

9 thrusters #15-25

200m run

9 thrusters #15-25

200m run

10 pull up progressions