

March 21, 2014

Written by Andrea
Thursday, 20 March 2014 19:12 -



14.4

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Advanced

50 calorie row

40 toes to bar

30 wall ball #14

20 cleans #65

10 pull ups

10 dips

Intermediate

40 calorie row

25 toes to bar

20 wall ball #10

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15 cleans #45

10 pull ups or progressions

10 dips

Beginner

30 calorie row

20 toes to bar

15 wall ball #6

15 cleans #15-25

10 pull up progressions

10 dips

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Use bands for the dips as needed, or scale to jump to support.