

May 5, 2014

Written by Andrea
Sunday, 04 May 2014 18:57 -



Advanced

40 calorie row

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20 box jumps

20 deadlifts #65

20 wall ball #14

20 dips

20 wall ball #14

20 deadlifts #65

20 box jumps

40 calorie row

Intermediate

30 calorie row

15 box jumps or step ups

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15 deadlifts #45

15 wall ball #10

15 dips

15 wall ball #10

15 deadlifts #45

15 box jumps or step ups

30 calorie row

Beginner

20 calorie row

10 step ups

10 deadlifts #25

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10 wall ball #6

10 dips

10 wall ball #6

10 deadlifts #25

10 step ups

20 calorie row

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

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