

July 2, 2014

Written by Andrea
Tuesday, 01 July 2014 18:06 -



Advanced

10 rounds

5 pull ups

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5 push ups

5 rounds

10 knees to elbows

10 good mornings

2 rounds

25 wall ball #14

25 box jumps

Intermediate

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10 rounds

4 pull ups or progressions

4 push ups

5 rounds

8 knees to elbows

8 good mornings

2 rounds

20 wall ball #10

20 box jumps or step ups

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Beginner

10 rounds

3 pull up progressions

3 push ups

5 rounds

6 knees to elbows

6 good mornings

2 rounds

15 wall ball #6

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15 step ups

Rest as needed between couplets.