

July 8, 2014

Written by Andrea
Monday, 07 July 2014 20:24 -



Advanced

30 pull ups

30 push ups

30 knees to elbows

30 good mornings

30 wall ball #14

30 box jumps

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Intermediate

20 pull ups or progressions

20 push ups

20 knees to elbows

20 good mornings

20 wall ball #10

20 box jumps or step ups

Beginner

15 pull up progressions

15 push ups

15 knees to elbows

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15 good mornings

15 wall ball #6

15 step ups