

Advanced

For 20 minutes do:

3 hang power cleans #75

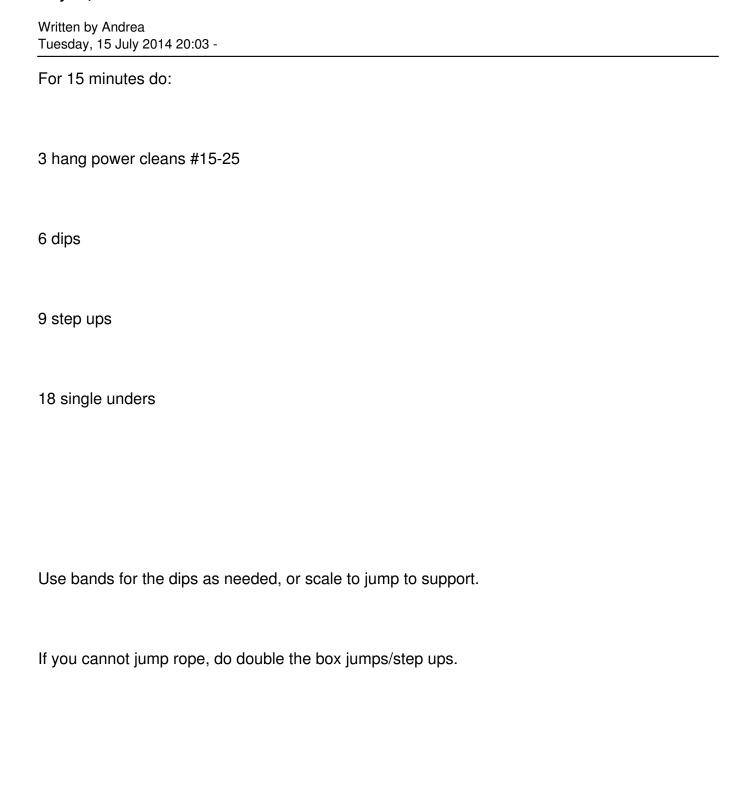
6 dips

July 16, 2014

Written by Andrea

Tuesday, 15 July 2014 20:03 -
9 box jumps
27 double unders
Intermediate
For 15 minutes do:
3 hang power cleans #55
6 dips
9 box jumps or step ups
27 double or single unders
Beginner

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July 16, 2014

Written by Andrea Tuesday, 15 July 2014 20:03 -