

April 27, 2011

Written by Andrea

Tuesday, 26 April 2011 19:13 -



Advanced

3 thrusters #20 dumbbells

3 pull ups

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6 thrusters #20 dumbbells

6 pull ups

9 thrusters #20 dumbbells

9 pull ups

12 thrusters #20 dumbbells

12 pull ups

15 thrusters #20 dumbbells

15 pull ups

Intermediate

3 thrusters #15 dumbbells

3 pull ups or progressions

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6 thrusters #15 dumbbells

6 pull ups or progressions

9 thrusters #15 dumbbells

9 pull ups or progressions

12 thrusters #15 dumbbells

12 pull ups or progressions

Beginner

5 thrusters #10 dumbbells

5 pull up progressions

7 thrusters #10 dumbbells

7 pull up progressions

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9 thrusters #10 dumbbells

9 pull up progressions