

May 25, 2011

Written by Andrea
Tuesday, 24 May 2011 20:04 -



Courtesy of Mikki at Brand X

“Logan”

Advanced

21-15-9
Wall ball #10-12
Pull ups

Intermediate

21-15-9
Wall ball #8-10
Pull ups/ring rows

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Beginner

15-12-9

Wall ball #6-8

Ring rows