

**May 25, 2011**

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

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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