

Advanced

3 rounds

12 front squats #65

July 2, 2011

Written by Andrea

Friday, 01 July 2011 19:08 -
12 burpees
12 pull ups
Intermediate
3 rounds
40 fuert e execte #45
12 front squats #45
12 burpees or pregnant burpees
12 pull ups or progressions
Beginner
3 rounds

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