

March 7, 2012

Written by Andrea
Tuesday, 06 March 2012 17:31 -



Advanced

5 rounds

10 thrusters # 25 dumbbells

10 pull ups

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Intermediate

4 rounds

10 thrusters # 15 dumbbells

10 pull ups or progressions

Beginner

3 rounds

10 thrusters #10 dumbbells

10 pull up progressions