

"Baby Fran" for 13.5

## **Advanced**

21-15-9

## April 4, 2013

Written by Andrea

Wednesday, 03 April 2013 18:38 -

Thrusters #65
Pull ups
Intermediate
21-15-9
Thrusters #45
Pull ups
Beginner
15-12-9
Thrusters #15-25

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Pull ups

Sub ring rows, bands or pull up progressions for pull ups as needed.