

June 18, 2013

Written by Andrea
Monday, 17 June 2013 19:34 -



Advanced

21-15-9

Front squats #75

June 18, 2013

Written by Andrea
Monday, 17 June 2013 19:34 -

Knees to elbows

Intermediate

21-15-9

Front squats #55

Knees to elbows

Beginner

15-12-9

Front squats #25-35

Knees to elbows