

July 27, 2013

Written by Andrea
Friday, 26 July 2013 19:07 -



"Baby Fran"

Advanced

21-15-9

Thrusters #65

Pull ups

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Intermediate

21-15-9

Thrusters #45

Pull ups

Beginner

15-12-9

Thrusters #15-25

Pull ups

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