

August 10, 2013

Written by Andrea
Friday, 09 August 2013 16:58 -



"Baby Fran"

Advanced

21-15-9

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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.