

October 29, 2013

Written by Andrea
Monday, 28 October 2013 18:46 -



Advanced

21-15-9

Medicine ball cleans #14

Push ups

Intermediate

October 29, 2013

Written by Andrea
Monday, 28 October 2013 18:46 -

21-15-9

Medicine ball cleans #10

Push ups

Beginner

15-12-9

Medicine ball cleans #6

Push ups