

November 12, 2013

Written by Andrea

Monday, 11 November 2013 18:15 -



"Baby Fran"

Advanced

21-15-9

November 12, 2013

Written by Andrea
Monday, 11 November 2013 18:15 -

Thrusters #65

Pull ups

Intermediate

21-15-9

Thrusters #45

Pull ups

Beginner

15-12-9

Thrusters #15-25

Pull ups

November 12, 2013

Written by Andrea

Monday, 11 November 2013 18:15 -

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