

"Baby Fran"

Advanced

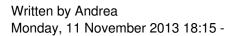
21-15-9

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



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