

May 7, 2014

Written by Andrea

Tuesday, 06 May 2014 19:53 - Last Updated Tuesday, 06 May 2014 20:09



Advanced

3 rounds

20 pull ups

15 overhead squats #65

Intermediate

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3 rounds

15 pull ups or progressions

12 overhead squats #45

Beginner

3 rounds

10 pull up progressions

9 overhead squats #15-25