

May 17, 2013

Written by Andrea
Thursday, 16 May 2013 16:28 -



"Baby Jackie"

Advanced

Row 1000m

50 thrusters #35

30 pull ups

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Intermediate

Row 750m

40 thrusters #25

20 pull ups or progressions

Beginner

Row 500m

30 thrusters #15

15 pull up progressions