

May 19, 2014

Written by Andrea

Sunday, 18 May 2014 22:57 - Last Updated Monday, 19 May 2014 22:25



Advanced

21-15-9

Pull ups

Dips

Thrusters #65

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Intermediate

21-15-9

Pull ups or progressions

Dips

Thrusters #45

Beginner

15-12-9

Pull up progressions

Dips

Thrusters #15-25

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Use bands for the dips as needed, or scale to jump to support.