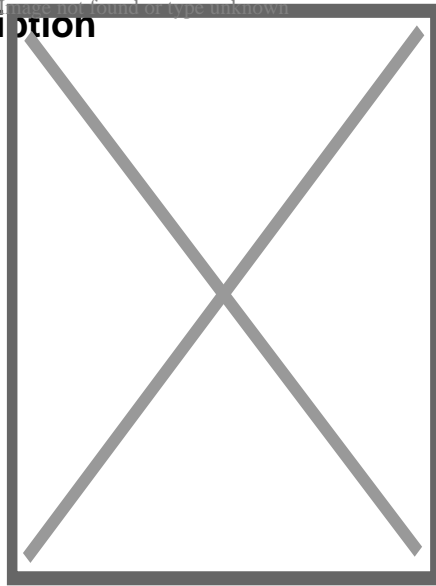


WOD – Monday 4/9/12

Description



A. Skill:

Front Squat

B. WOD:
10min AMRAP
12 push-ups
9 pull-ups
6 squat snatches

Date Created
04/09/2012

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