JUST BODY These first girls represent the "lightest" as they consist only of body weight movements.

20 Pull-ups 30 Push-ups 40 Sit-ups 50 Squats NICOLE

BARBARA

EMOM FOR 30 MIN 5 Pull-ups 10 Push-ups 15 Squats

AMRAP IN 20 MIN 5 handstand push-ups 10 single leg squats 15 pull-ups NO

MARY

AMRAP IN 20 MIN 5 pull-ups 10 push-ups 15 squats. EVA R = 2 POOD

50 40 30 20 10 Double unders Sit-ups

ANNIE

AMRAP IN 20 MIN 400m run Max rep pull-ups

5 ROUNDS 3 MIN REST

AFAP 100 Pull-ups 100 Push-uns 10/0 Sit-ups

ANGIE

FRAN

21-15-9

CHELSEA

BARS Here come the proop as 100 Souats bodyweight movements and fun things like wall builts collide.

5 ROUNDS 800m run 30 kettlebell swings. 30 pull-ups

AMANDA

9-7-5

CINDY

HELEN

R = 15 POOD 3 ROUNDS 400m run

21 kettlebell swings

KELLY Pe = 20 LBS 5 ROUNDS 400m rum 30 74" box jumps



Handstand push-ups

R-225 LBS

DIANE

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Deadill.

AFAP 150 wall halls

KAREN R 20 LBS



R = 95LBS



R = 105LBS





R - 135 LBS



NANCY R . 95 LBS 5 ROUNDS





R = 45 LBS AFAP

12 pull-ups



Pull-ups









4 - 135 LBS ISABEL AFAP

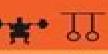


Cleans Ring dips.

ELIZABETH

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AW Rasmussen

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