



couldn't resist, 8' pullup bars have a price...



gimme-gimme, weighted rope pull and sprint. ~ 30'. 3x6 rounds gets... interesting.



challenge.



emily displaying 1/2 bodyweight KB swings...



10' - 45# slush pipe



8' - 35#



205# funky bar, all 3 holds done tag team style vs. 20 heavy swings.



taking the bar for a walk.