

#WorkoutOfTheDay

⋮ 027 ⋮

- ▶ 10 Thrusters X 10 Lat Pull-downs ◀
- ▶ 15 KB Swings X 15 TRX Rows ◀
- ▶ 20 Squat to Rows X 20 DB Snatches ◀

// 4 SETS of EACH SUPERSET //

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