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SMR For The CrossFit Hero Workouts Created By Network Fitness And Listed At www.networkfitness.com Daniel First Posted 15 June 2006 For Time. 50 Pull-ups 400 Meter Run 21 Thrusters With 95 Pounds 800 Meter Run 21 Thrusters With 95 Pounds 400 7th, 2024

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Tabata Something Else Complete 32 Intervals Of 20 Seconds Of Work Followed By 10 Seconds Of Rest Where The First 8 Intervals Are Pullups, The Second 8 Are Pushups, The Third 8 Intervals Are Situps, And Finally, The Last 8 Interv 5th, 2024

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(Workout Of The Day) Is A Strength Workout And That "Run 10K" (everybody's Favorite!) Is An Aerobic Workout. However, One Of My Favorite Quotes From The CrossFit Philosophy Is Greg Glassman's Injunction To "strive To Blur Distinctions Between 'cardio' And Strength Training. Nature Has No ... 8th, 2024

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