

March 9, 2011

Written by Andrea
Tuesday, 08 March 2011 21:26 -



"Feran"

Advanced

For 15 minutes do:

250m row

15 shoulder press #45

15 good mornings #45

Intermediate

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For 15 minutes do:

250m row

15 shoulder press #35

15 good mornings #35

Beginner

For 10 minutes do:

250m row

15 shoulder press #25

15 good mornings #25