

**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**

**March 9, 2011**

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

---

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