

March 17, 2011

Written by Andrea
Wednesday, 16 March 2011 18:55 -



Advanced

3 rounds

7 overhead squats #45

7 front squats #45

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7 back squats #45

Intermediate

3 rounds

6 overhead squats #25

6 front squats #25

6 back squats #25

Beginner

3 rounds

5 overhead squats pvc - #15

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5 front squats pvc - #15

5 back squats pvc - #15