

**March 29, 2011**

Written by Andrea  
Monday, 28 March 2011 19:53 -

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**Advanced**

5 rounds

500m row

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10 thrusters #65

## **Intermediate**

4 rounds

500m row

10 thrusters #45

## **Beginner**

3 rounds

500m row

10 thrusters #15-25