

**April 2, 2011**

Written by Andrea  
Friday, 01 April 2011 16:35 -

---



**Advanced**

4 rounds  
400m run  
12 backsquats #65

**Intermediate**

3 rounds  
400m run/walk  
12 backsquats #45

**Beginner**

3 rounds  
200m run/walk  
9 backsquats #25