

Advanced

200m run

50 push ups

April 18, 2011

Written by Andrea Sunday, 17 April 2011 20:27 -
200m run
50 knees to elbows
200m run
50 squats
200m run
50 good mornings
Intermediate
200m run/walk
40 push ups or progressions
200m run/walk
40 knees to elbows or knee ups

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200m run/walk
40 squats
200m run/walk
40 good mornings
Beginner
200m run/walk
30 push ups or progressions
200m run/walk
30 knee ups
200m run/walk
30 squats

April 18, 2011

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200m run/walk

30 good mornings