

April 23, 2011

Written by Andrea
Friday, 22 April 2011 20:03 -

“Charlotte”

Advanced

200m run
20 lunges
200m run
20 knees to elbows
200m run
20 push ups
200m run

Intermediate

200m run/walk
15 lunges
200m run/walk
15 knees to elbows
200m run/walk
15 push ups
200m run/walk

Beginner

200m run/walk
10 lunges
200m run/walk
10 knees to elbows
200m run/walk
10 push ups
200m run/walk