

**April 29, 2011**

Written by Andrea  
Thursday, 28 April 2011 19:09 -

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**"Baby Moore"**

**Advanced**

For 15 minutes do:

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3 beginner rope climbs

400m run

10 shoulder press #25 dumbbells

## **Intermediate**

For 15 minutes do:

3 beginner rope climbs

400m or 500m row

10 shoulder press #15 dumbbells

## **Beginner**

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For 10 minutes do:

3 beginner rope climbs

400m run or 500m row

10 shoulder press #10 dumbbells