

May 1, 2011

Written by Andrea
Saturday, 30 April 2011 20:32 -



Advanced

5 rounds

10 ring rows

10 push ups

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10 back squats #75

Intermediate

4 rounds

10 ring rows

10 push ups

10 back squats #55

Beginner

3 rounds

10 ring rows

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10 push ups

10 back squats #35