

Advanced

5 rounds

10 ring rows

10 push ups

May 1, 2011

Written by Andrea Saturday, 30 April 2011 20:32 -
10 back squats #75
Intermediate
4 rounds
10 ring rows
10 push ups
10 back squats #55
Beginner
3 rounds
10 ring rows

May 1, 2011

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

10 push ups

10 back squats #35