

May 13, 2011

Written by Andrea
Thursday, 12 May 2011 19:48 -



"Jennifer"

Advanced

3 rounds

500m row

20 back squats #65

20 knees to elbows

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Intermediate

3 rounds

500m row

15 back squats #45

15 knees to elbows

Beginner

3 rounds

250m row

10 back squats #25

10 knees to elbows