

**May 15, 2011**

Written by Andrea  
Saturday, 14 May 2011 22:30 -

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## **Advanced**

3 rounds

20 front squats #65

20 push press #65

20 knees to elbows

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## **Intermediate**

3 rounds

15 front squats #45

15 push press #45

15 knees to elbows or knee ups

## **Beginner**

3 rounds

10 front squats #25

10 push press #25

10 knee ups