

June 16, 2011

Written by Andrea

Wednesday, 15 June 2011 17:00 -



"Baby Nancy"

Advanced

4 rounds

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Run 400m

15 overhead squats #45-65

Intermediate

3 rounds

Run 400m or row 500m

15 overhead squats #25-35

Beginner

3 rounds

Run 200m or row 250m

10 overhead squats PVC- #25