

**June 16, 2011**

Written by Andrea

Wednesday, 15 June 2011 17:00 -

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**"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