

June 26, 2011

Written by Andrea

Saturday, 25 June 2011 20:45 -



Advanced

800m run/walk/row

30 hang power snatch #65

800m run/walk/row

June 26, 2011

Written by Andrea
Saturday, 25 June 2011 20:45 -

Intermediate

400m run/walk/row

30 hang power snatch #45

400m run/walk/row

Beginner

400m run/walk/row

30 hang power snatch #15-25

400m run/walk/row