

July 15, 2011

Written by Andrea
Thursday, 14 July 2011 19:21 -



Advanced

5 rounds

10 front squats #65

10 push ups

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Intermediate

4 rounds

10 front squats #45

10 push ups

Beginner

3 rounds

10 front squats #25

10 push ups

For the front squats, you may use a barbell or dumbbells closest to the barbell weight.