

July 19, 2011

Written by Andrea
Monday, 18 July 2011 18:29 -



"Baby Manion"

Advanced

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4 rounds

400m run

15 backsquats #65

Intermediate

3 rounds

400m run

15 backsquats #45

Beginner

3 rounds

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200m run

10 backsquats #15-25