

"Charlotte"

Advanced

200m run 20 lunges 200m run 20 knees to elbows 200m run 20 push ups 200m run

Intermediate

200m run/walk 15 lunges 200m run/walk 15 knees to elbows 200m run/walk 15 push ups 200m run/walk

Beginner

200m run/walk 10 lunges 200m run/walk 10 knees to elbows 200m run/walk 10 push ups

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200m run/walk