

August 25, 2011

Written by Andrea

Wednesday, 24 August 2011 16:46 -



"Baby Nancy"

Advanced

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4 rounds

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