

September 13, 2011

Written by Andrea

Monday, 12 September 2011 16:16 -



Advanced

3 rounds

9 overhead squats #65

9 front squats #65

9 back squats #65

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Intermediate

3 rounds

7 overhead squats #45

7 front squats #45

7 back squats #45

Beginner

3 rounds

5 overhead squats pvc - #25

5 front squats pvc - #25

5 back squats pvc - #25