

October 12, 2011

Written by Andrea

Tuesday, 11 October 2011 16:34 -



"Baby Nancy"

Advanced

4 rounds

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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