

November 5, 2011

Written by Andrea
Friday, 04 November 2011 19:38 -



Advanced

300m row

20 push press #65

300m row

15 push press

300m row

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10 push press

300m row

5 push press

Intermediate

300m row

15 push press #45

300m row

12 push press

300m row

9 push press

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300m row

6 push press

Beginner

200m row

12 push press #15-25

200m row

9 push press

200m row

6 push press

200m row

3 push press

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