

December 18, 2011

Written by Andrea
Saturday, 17 December 2011 19:19 -



Advanced

3 rounds

1000m row

800m run

December 18, 2011

Written by Andrea
Saturday, 17 December 2011 19:19 -

Intermediate

3 rounds

750m row

400m run/walk

Beginner

3 rounds

500m row

200m run/walk