

January 6, 2012

Written by Andrea
Thursday, 05 January 2012 20:41 -



“Baby Kelly”

Advanced

3 rounds

Run 400m

20 step ups

20 wall ball #14

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Intermediate

3 rounds

Run 400m/row 500m

15 step ups

15 wall ball #10

Beginner

3 rounds

Run 200m/row 250m

10 step ups

10 wall ball #6