

**March 19, 2012**

Written by Andrea  
Sunday, 18 March 2012 17:46 -

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## **Advanced**

5 rounds

10 turkish get ups #25

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400m run

## **Intermediate**

4 rounds

10 turkish get ups #15

400m run

## **Beginner**

3 rounds

10 turkish get ups #10

200m run