

April 29, 2012

Written by Andrea
Saturday, 28 April 2012 22:12 -



"Baby Manion"

Advanced

4 rounds

400m run

15 backsquats #65

April 29, 2012

Written by Andrea
Saturday, 28 April 2012 22:12 -

Intermediate

3 rounds

400m run

15 backsquats #45

Beginner

3 rounds

200m run

10 backsquats #15-25

"Baby Manion" Advanced 4 rounds 400m run 15 backsquats #65 Intermediate 3 rounds

April 29, 2012

Written by Andrea
Saturday, 28 April 2012 22:12 -

400m run

15 backsquats #45

Beginner

3 rounds

200m run

10 backsquats #15-