

April 12, 2013

Written by Andrea
Thursday, 11 April 2013 18:23 -



Advanced

3 rounds

50 feet walking lunges

25 squats

20 good mornings

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Written by Andrea
Thursday, 11 April 2013 18:23 -

Intermediate

3 rounds

35 feet walking lunges

20 squats

15 good mornings

Beginner

3 rounds

25 feet walking lunges

15 squats

10 good mornings