

April 16, 2013

Written by Andrea
Monday, 15 April 2013 16:11 -



Advanced

5 rounds

500m row

April 16, 2013

Written by Andrea
Monday, 15 April 2013 16:11 -

15 shoulder press #25

Intermediate

4 rounds

500m row

15 shoulder press #15

Advanced

3 rounds

500m row

15 shoulder press #10

April 16, 2013

Written by Andrea
Monday, 15 April 2013 16:11 -
