

April 18, 2013

Written by Andrea
Wednesday, 17 April 2013 16:22 -



Advanced

4 rounds

400m run

25 squats

Intermediate

April 18, 2013

Written by Andrea
Wednesday, 17 April 2013 16:22 -

3 rounds

400m run

25 squats

Beginner

3 rounds

200m run

15 squats