

## "Baby Bruck"

## **Advanced**

4 rounds

400m run

## June 26, 2013

Written by Andrea

Tuesday, 25 June 2013 16:30 -
15 backsquats #65
15 jerks #65
Intermediate
3 rounds
400m run
15 backsquats #45
15 jerks #45
Beginner
3 rounds

## June 26, 2013

Written by Andrea Tuesday, 25 June 2013 16:30 -

200m run

10 backsquats #15-25

10 jerks #15-25