

June 26, 2013

Written by Andrea

Tuesday, 25 June 2013 16:30 -



"Baby Bruck"

Advanced

4 rounds

400m run

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15 backsquats #65

15 jerks #65

Intermediate

3 rounds

400m run

15 backsquats #45

15 jerks #45

Beginner

3 rounds

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200m run

10 backsquats #15-25

10 jerks #15-25