

July 16, 2013

Written by Andrea

Monday, 15 July 2013 18:47 -



"Baby Nancy"

Advanced

4 rounds

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Run 400m

15 overhead squats #65

Intermediate

3 rounds

Run 400m

15 overhead squats #45

Beginner

3 rounds

Run 200m

10 overhead squats #15-25

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Sub rowing for running if needed.