

**July 16, 2013**

Written by Andrea  
Monday, 15 July 2013 18:47 -

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**"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.