

**August 24, 2013**

Written by Andrea  
Friday, 23 August 2013 18:16 -

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## **Advanced**

For 12 minutes do:

5 knees to elbows

7 good mornings

9 overhead squats #65

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## **Intermediate**

For 12 minutes do:

5 knees to elbows

7 good mornings

9 overhead squats #45

## **Beginner**

For 12 minutes do:

5 knees to elbows

7 good mornings

9 overhead squats #15-25