

September 3, 2013

Written by Andrea

Monday, 02 September 2013 18:48 -



Advanced

3 rounds

200m run

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11 thrusters #65

200m run

11 push press #65

200m run

11 push ups

Intermediate

3 rounds

200m run

11 thrusters #45

200m run

11 push press #45

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200m run

11 push ups

Beginner

3 rounds

200m run

11 thrusters #15-25

200m run

11 push press #15-25

200m run

11 push ups