

September 25, 2013

Written by Andrea

Tuesday, 24 September 2013 19:13 -



Deadlifts. Light, with good form.

Advanced

5 rounds

10 deadlifts #95

200m run

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Intermediate

4 rounds

10 deadlifts #65

200m run

Beginner

3 rounds

10 deadlifts #45

200m run

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Use the sumo stance if your belly prevents a proper set up.