

December 10, 2013

Written by Andrea

Monday, 09 December 2013 18:04 -



Advanced

4 rounds

400m run

500m row

Intermediate

December 10, 2013

Written by Andrea
Monday, 09 December 2013 18:04 -

3 rounds

400m run

500m row

Beginner

3 rounds

200m run

250m row