

Advanced

3 rounds

800m run

20 back squats #65

20 push ups

December 11, 2013

10 push ups

Written by Andrea Tuesday, 10 December 2013 19:30 -Intermediate 3 rounds 400m run 15 back squats #45 15 push ups Beginner 3 rounds 200m run 10 back squats #15-25

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