

December 11, 2013

Written by Andrea

Tuesday, 10 December 2013 19:30 -



Advanced

3 rounds

800m run

20 back squats #65

20 push ups

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Intermediate

3 rounds

400m run

15 back squats #45

15 push ups

Beginner

3 rounds

200m run

10 back squats #15-25

10 push ups

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