

**December 11, 2013**

Written by Andrea

Tuesday, 10 December 2013 19:30 -

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## **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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