

January 8, 2014

Written by Andrea

Tuesday, 07 January 2014 22:45 -



Advanced

For 20 minutes do:

15 knees to elbows

21 sumo deadlifts #95

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Intermediate

For 15 minutes do:

15 knees to elbows

15 sumo deadlifts #65

Beginner

For 10 minutes do:

10 knees to elbows

10 sumo deadlifts #45