

February 2, 2014

Written by Andrea

Saturday, 01 February 2014 21:51 -



Advanced

3 rounds

20 front squats #65

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500m row

20 dips

Intermediate

3 rounds

15 front squats #45

500m row

15 dips

Beginner

3 rounds

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10 front squats #15-25

250m row

10 dips

Use bands for the dips as needed, or scale to jump to support.