

**February 22, 2014**

Written by Andrea  
Friday, 21 February 2014 20:20 -

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## **Advanced**

3 rounds

20 good mornings

20 knees to elbows

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## **Intermediate**

3 rounds

15 good mornings

15 knees to elbows

## **Beginner**

3 rounds

10 good mornings

10 knees to elbows