

February 22, 2014

Written by Andrea

Friday, 21 February 2014 20:20 -



Advanced

3 rounds

20 good mornings

20 knees to elbows

February 22, 2014

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

Intermediate

3 rounds

15 good mornings

15 knees to elbows

Beginner

3 rounds

10 good mornings

10 knees to elbows