

March 4, 2014

Written by Andrea
Monday, 03 March 2014 23:05 -



Advanced

3 rounds

1000m row

20 good mornings

20 knees to elbows

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Intermediate

3 rounds

750m row

15 good mornings

15 knees to elbows

Beginner

3 rounds

500m row

10 good mornings

10 knees to elbows

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