

April 23, 2014

Written by Andrea

Tuesday, 22 April 2014 17:58 -



Advanced

3 rounds

400m run

20 deadlifts #95

Intermediate

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3 rounds

400m run

15 deadlifts #65

Beginner

3 rounds

200m run

10 deadlifts #35

If your belly does not allow for a proper, safe set up, please use the sumo stance for your deadlifts.