

**May 29, 2014**

Written by Andrea

Wednesday, 28 May 2014 18:44 -

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## **Advanced**

3 rounds

500m row

20 dumbbell press #25

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## **Intermediate**

3 rounds

500m row

15 dumbbell press #20

## **Beginner**

3 rounds

250m row

10 dumbbell press #15