

**June 1, 2014**

Written by Andrea  
Saturday, 31 May 2014 20:11 -

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## **Advanced**

5 rounds

250m row

12 knees to elbows

## **Intermediate**

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4 rounds

250m row

12 knees to elbows

**Beginner**

3 rounds

250m row

12 knees to elbows