

June 14, 2014

Written by Andrea

Friday, 13 June 2014 19:17 - Last Updated Friday, 13 June 2014 19:28



Advanced

3 rounds

20 medicine ball cleans #14

600m run

Intermediate

3 rounds

June 14, 2014

Written by Andrea

Friday, 13 June 2014 19:17 - Last Updated Friday, 13 June 2014 19:28

15 medicine ball cleans #10

400m run

Beginner

3 rounds

10 medicine ball cleans #6

200m run

If your belly impedes your bar path, substitute dumbbells for the medicine ball.