

**March 12, 2011**

Written by Andrea  
Friday, 11 March 2011 20:06 -

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## **Advanced**

1 mile run or row

60 knees to elbows

60 good mornings #45 bar

1 mile run or row

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## **Intermediate**

800m run or row

45 knees to elbows or knee ups

45 good mornings #25 bar

800m run or row

## **Beginner**

400m run or row

30 knees to elbows or knee ups

30 good mornings PVC-#15 bar

400m run or row

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Partition knees to elbows and good mornings as needed.