

**March 17, 2011**

Written by Andrea

Wednesday, 16 March 2011 18:55 -

---



**Happy St.Patrick's Day !**

## **Advanced**

3 rounds

7 overhead squats #45

7 front squats #45

**March 17, 2011**

Written by Andrea  
Wednesday, 16 March 2011 18:55 -

---

7 back squats #45

## **Intermediate**

3 rounds

6 overhead squats #25

6 front squats #25

6 back squats #25

## **Beginner**

3 rounds

5 overhead squats pvc - #15

**March 17, 2011**

Written by Andrea

Wednesday, 16 March 2011 18:55 -

---

5 front squats pvc - #15

5 back squats pvc - #15