

**March 24, 2011**

Written by Andrea

Wednesday, 23 March 2011 19:22 -

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**Advanced**

5 rounds

10 medicine ball cleans #12

10 wall ball #12

**Intermediate**

4 rounds

10 medicine ball cleans #10

10 wall ball #10

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**Beginner**

3 rounds

10 medicine ball cleans #8

10 wall ball #8