

April 5, 2011

Written by Andrea
Monday, 04 April 2011 18:00 -



"Baby Michael"

Advanced

3 rounds

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600m run

20 good mornings #45

20 knees to elbows

Intermediate

3 rounds

400m run or walk

15 good mornings #35

15 knees to elbows

Beginner

3 rounds

200m run or walk

10 good mornings #25

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10 knees to elbows or knee ups