

"Fight Gone Bad....Mama Style"

## Advanced

## April 9, 2011

Written by Andrea

Friday, 08 April 2011 19:39 -3 rounds 20 wall ball #14 20 sumo deadlift high-pull #45 20 step ups 20 push press #45 Row 500m Intermediate 3 rounds 15 wall ball #10 15 sumo deadlift high-pull #35 15 step ups

## April 9, 2011

Written by Andrea

Friday, 08 April 2011 19:39 -

15 push press #35
Row 500m
Beginner
3 rounds
10 wall ball #6
10 sumo deadlift high-pull #25
10 step ups
10 push press #25
Row 250m