

"Jennifer"

Advanced

3 rounds

500m row

20 back squats #65

20 knees to elbows

10 back squats #25

10 knees to elbows

May 13, 2011 Written by Andrea Thursday, 12 May 2011 19:48 -Intermediate 3 rounds 500m row 15 back squats #45 15 knees to elbows **Beginner** 3 rounds 250m row