

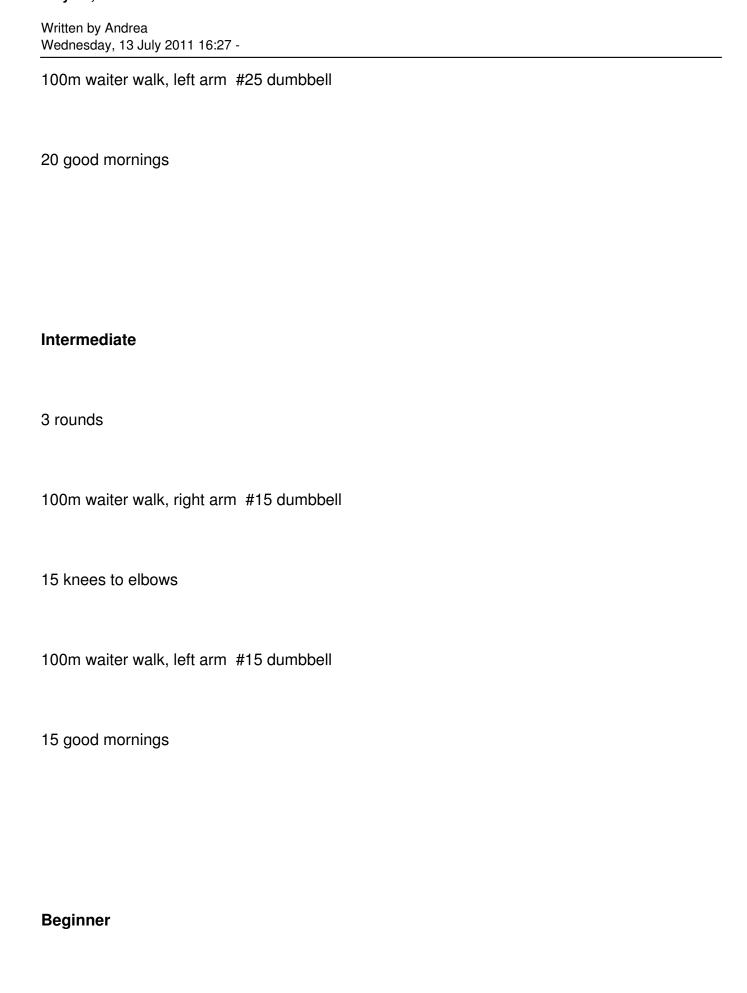
## **Advanced**

3 rounds

100m waiter walk, right arm #25 dumbbell

20 knees to elbows

## July 14, 2011



## July 14, 2011

Written by Andrea

Wednesday, 13 July 2011 16:27 
3 rounds

50m waiter walk, right arm #10 dumbbell

10 knees to elbows

50m waiter walk, right arm #10 dumbbell

10 good mornings