

July 14, 2011

Written by Andrea

Wednesday, 13 July 2011 16:27 -



Advanced

3 rounds

100m waiter walk, right arm #25 dumbbell

20 knees to elbows

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100m waiter walk, left arm #25 dumbbell

20 good mornings

Intermediate

3 rounds

100m waiter walk, right arm #15 dumbbell

15 knees to elbows

100m waiter walk, left arm #15 dumbbell

15 good mornings

Beginner

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3 rounds

50m waiter walk, right arm #10 dumbbell

10 knees to elbows

50m waiter walk, right arm #10 dumbbell

10 good mornings