

**August 25, 2011**

Written by Andrea

Wednesday, 24 August 2011 16:46 -

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**"Baby Nancy"**

**Advanced**

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4 rounds

Run 400m

15 overhead squats #45-65

### **Intermediate**

3 rounds

Run 400m or row 500m

15 overhead squats #25-35

### **Beginner**

3 rounds

Run 200m or row 250m

10 overhead squats PVC- #25