

September 17, 2011

Written by Andrea

Friday, 16 September 2011 21:26 -



"Fight Gone Bad...Mama Style"

Advanced

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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

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15 step ups

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