

**October 12, 2011**

Written by Andrea

Tuesday, 11 October 2011 16:34 -

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**"Baby Nancy"**

**Advanced**

4 rounds

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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