

**October 12, 2011**

Written by Andrea

Tuesday, 11 October 2011 16:34 -

---



**"Baby Nancy"**

**Advanced**

4 rounds

**October 12, 2011**

Written by Andrea  
Tuesday, 11 October 2011 16:34 -

---

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