

**October 26, 2011**

Written by Andrea

Tuesday, 25 October 2011 16:26 -

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## **Advanced**

3 rounds

500m row

20 push ups

20 lunges

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## **Intermediate**

3 rounds

500m row

15 push ups

15 lunges

## **Beginner**

3 rounds

250m row

10 push ups

10 lunges