

**November 5, 2011**

Written by Andrea  
Friday, 04 November 2011 19:38 -

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## **Advanced**

300m row

20 push press #65

300m row

15 push press

300m row

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10 push press

300m row

5 push press

## **Intermediate**

300m row

15 push press #45

300m row

12 push press

300m row

9 push press

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300m row

6 push press

## **Beginner**

200m row

12 push press #15-25

200m row

9 push press

200m row

6 push press

200m row

3 push press

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