

**January 12, 2012**

Written by Andrea

Wednesday, 11 January 2012 18:38 -

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## **Advanced**

3 rounds

400m run

15 back squats #65

## **Intermediate**

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3 rounds

400m run/500m row

15 back squats #45

**Beginner**

3 rounds

200m run/250m row

15 back squats #15-25