

March 11, 2012

Written by Andrea
Saturday, 10 March 2012 18:08 -



"Baby Michael"

Advanced

3 rounds

800m run

20 good mornings

20 knees to elbows

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Intermediate

3 rounds

400m run

15 good mornings

15 knees to elbows or knee ups

Beginner

3 rounds

200m run

10 good mornings

10 knees to elbows or knee ups

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Sub rowing for the run if needed.