

March 24, 2012

Written by Andrea
Friday, 23 March 2012 16:25 -

"Baby Nancy" Advanced 4 rounds 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



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