

Advanced

3 rounds

500m row

20 knees to elbows

Intermediate

April 3, 2013

Written by Andrea

Tuesday, 02 April 2013 18:21 -	
3 rounds	
500m row	
15 knees to elbows	
Beginner	
O manus de	
3 rounds	
250m row	
10 knees to elbows	