

**April 12, 2013**

Written by Andrea  
Thursday, 11 April 2013 18:23 -

---



## **Advanced**

3 rounds

50 feet walking lunges

25 squats

20 good mornings

**April 12, 2013**

Written by Andrea  
Thursday, 11 April 2013 18:23 -

---

## **Intermediate**

3 rounds

35 feet walking lunges

20 squats

15 good mornings

## **Beginner**

3 rounds

25 feet walking lunges

15 squats

10 good mornings