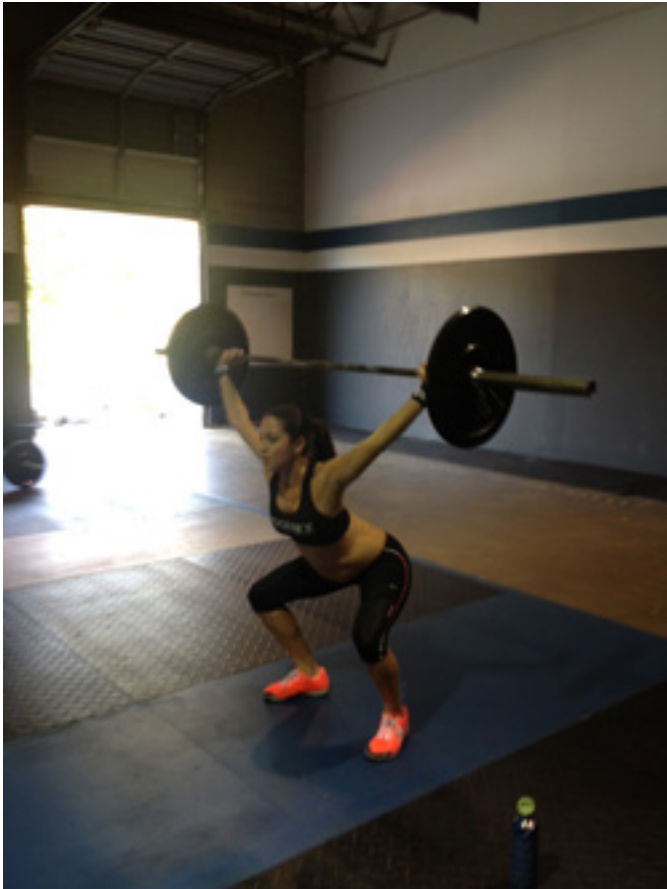


May 6, 2013

Written by Andrea
Sunday, 05 May 2013 17:14 -



"Baby Nancy"

Advanced

4 rounds

Run 400m

May 6, 2013

Written by Andrea
Sunday, 05 May 2013 17:14 -

15 overhead squats #65

Intermediate

3 rounds

Run 400m

15 overhead squats #45

Beginner

3 rounds

Run 200m

10 overhead squats #15-25

May 6, 2013

Written by Andrea
Sunday, 05 May 2013 17:14 -

Sub rowing for running if needed.