

**July 8, 2013**

Written by Andrea  
Sunday, 07 July 2013 16:24 -

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## **Advanced**

5 rounds

10 front squats #65

250m row

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## **Intermediate**

4 rounds

10 front squats #45

250m row

## **Beginner**

3 rounds

10 front squats #15-25

250m row