

August 24, 2013

Written by Andrea
Friday, 23 August 2013 18:16 -



Advanced

For 12 minutes do:

5 knees to elbows

7 good mornings

9 overhead squats #65

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Intermediate

For 12 minutes do:

5 knees to elbows

7 good mornings

9 overhead squats #45

Beginner

For 12 minutes do:

5 knees to elbows

7 good mornings

9 overhead squats #15-25