

**January 25, 2014**

Written by Andrea  
Friday, 24 January 2014 20:47 -

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## **Advanced**

3 rounds

1000m row

20 knees to elbows

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## **Intermediate**

3 rounds

750m row

15 knees to elbows

## **Beginner**

3 rounds

500m row

10 knees to elbows