

February 16, 2014

Written by Andrea

Saturday, 15 February 2014 23:56 - Last Updated Wednesday, 02 April 2014 18:37

Advanced

3 rounds

500m row

20 deadlifts #95

Intermediate

3 rounds

500m row

15 deadlifts #65

February 16, 2014

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Saturday, 15 February 2014 23:56 - Last Updated Wednesday, 02 April 2014 18:37

Beginner

3 rounds

250m row

10 deadlifts #35

If your belly does not allow for a proper, safe set up, please use the sumo stance for your deadlifts.