

**February 16, 2014**

Written by Andrea

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

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## **Advanced**

3 rounds

500m row

20 deadlifts #95

## **Intermediate**

3 rounds

500m row

15 deadlifts #65

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## **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.