

April 21, 2014

Written by Andrea
Sunday, 20 April 2014 17:12 -



Advanced

3 rounds

500m row

20 dumbbell press #25

30 double unders

April 21, 2014

Written by Andrea
Sunday, 20 April 2014 17:12 -

Intermediate

3 rounds

500m row

15 dumbbell press #15

25 single unders

Beginner

3 rounds

250m row

10 dumbbell press #10

15 step ups