

July 18, 2014

Written by Andrea
Thursday, 17 July 2014 19:24 -



Advanced

3 rounds

20 thrusters #65

20 knees to elbows

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400m run

Intermediate

3 rounds

15 thrusters #45

15 knees to elbows

400m run

Beginner

3 rounds

10 thrusters #15-25

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10 knees to elbows

200m run