

**May 9, 2013**

Written by Andrea  
Wednesday, 08 May 2013 18:34 -

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**"Baby Michael"**

**Advanced**

3 rounds

800m run

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20 good mornings

20 knees to elbows

### **Intermediate**

3 rounds

400m run

15 good mornings

15 knees to elbows

### **Beginner**

3 rounds

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200m run

12 good mornings

12 knees to elbows or knee ups

Sub rowing for the run if needed.