

**May 14, 2013**

Written by Andrea  
Monday, 13 May 2013 19:46 -

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## **Advanced**

3 rounds

500m row

20 backsquats #65

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20 dumbbell push press #30 DB's

## **Intermediate**

3 rounds

500m row

15 backsquats #45

15 dumbbell push press #20 DB's

## **Beginner**

3 rounds

250m row

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10 backsquats #15-25

10 dumbbell push press #10 DB's