

June 22, 2013

Written by Andrea
Friday, 21 June 2013 21:10 -



"Fight Gone Bad....Mama Style"

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Advanced

3 rounds

20 wall ball #14

20 sumo deadlift high-pull 16kg KB

20 step ups

20 push press #45

Row 500m

Intermediate

3 rounds

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15 wall ball #10

15 sumo deadlift high-pull 12kg KB

15 step ups

15 push press #35

Row 500m

Beginner

3 rounds

10 wall ball #6

10 sumo deadlift high-pull 8kg KB

10 step ups

10 push press #15-25

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Row 250m