

Advanced

3 rounds

12 pull ups

March 18, 2011

Written by Andrea Thursday, 17 March 2011 19:37 -
12 push ups
12 pull ups
12 push ups
Intermediate
3 rounds
9 pull ups or progressions
9 push ups
9 pull ups or progressions
9 push ups

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Beginner	
3 rounds	
6 pull up progressions	
6 push ups	
6 pull up progressions	
6 push ups	