

March 28, 2011

Written by Andrea
Sunday, 27 March 2011 21:28 -



Advanced

3 rounds

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20 squats

20 pull ups

20 dips

Intermediate

3 rounds

15 squats

15 pull ups or progressions

15 dips

Beginner

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3 rounds

10 squats

10 pull up progressions

10 dips

For dips: Use rings, parallel bars or a bench, with a band if needed.