

Advanced

3 rounds

March 28, 2011

Vritten by Andrea Sunday, 27 March 2011 21:28 -
20 squats
20 pull ups
20 dips
ntermediate
3 rounds
5 squats
5 pull ups or progressions
5 dips
Beginner

March 28, 2011

Written by Andrea Sunday, 27 March 2011 21:28 -
3 rounds
10 squats
10 pull up progressions
10 dips
For dips: Use rings, parallel bars or a bench, with a band if needed.