

**April 18, 2011**

Written by Andrea  
Sunday, 17 April 2011 20:27 -

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## **Advanced**

200m run

50 push ups

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200m run

50 knees to elbows

200m run

50 squats

200m run

50 good mornings

## **Intermediate**

200m run/walk

40 push ups or progressions

200m run/walk

40 knees to elbows or knee ups

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200m run/walk

40 squats

200m run/walk

40 good mornings

**Beginner**

200m run/walk

30 push ups or progressions

200m run/walk

30 knee ups

200m run/walk

30 squats

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200m run/walk

30 good mornings