

**May 1, 2011**

Written by Andrea  
Saturday, 30 April 2011 20:32 -

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## **Advanced**

5 rounds

10 ring rows

10 push ups

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10 back squats #75

## **Intermediate**

4 rounds

10 ring rows

10 push ups

10 back squats #55

## **Beginner**

3 rounds

10 ring rows

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10 push ups

10 back squats #35