

**May 12, 2011**

Written by Andrea  
Wednesday, 11 May 2011 20:12 -

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## **Advanced**

For 15 minutes do:

400m run

21 pull ups

21 dips

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## **Intermediate**

For 15 minutes do:

400m run/walk

15 pull ups

15 dips

## **Beginner**

For 10 minutes do:

200m run/walk

9 pull ups

9 dips

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Dips can be done on the rings, parallel bars or a bench.