

**June 25, 2011**

Written by Andrea  
Friday, 24 June 2011 19:25 -

---



## **Advanced**

800m run/walk/row

30 pullups

**June 25, 2011**

Written by Andrea  
Friday, 24 June 2011 19:25 -

---

30 dips

800m run/walk/row

### **Intermediate**

400m run/walk/row

30 pull ups or progressions

30 dips

400m run/walk/row

### **Beginner**

400m run/walk/row

**June 25, 2011**

Written by Andrea  
Friday, 24 June 2011 19:25 -

---

30 pull up progressions

30 dips

400m run/walk/row

For the dips, use rings, parallel bars or a bench.