

June 25, 2011

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



Advanced

800m run/walk/row

30 pullups

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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

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30 pull up progressions

30 dips

400m run/walk/row

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