

**July 16, 2011**

Written by Andrea  
Friday, 15 July 2011 16:34 -

---



**"Baby Barbara"**

**Advanced**

**July 16, 2011**

Written by Andrea  
Friday, 15 July 2011 16:34 -

---

5 rounds

6 pull ups

8 push ups

10 knees to elbows

12 squats

## **Intermediate**

5 rounds

4 pull ups or progressions

6 push ups

8 knees to elbows

10 squats

**July 16, 2011**

Written by Andrea  
Friday, 15 July 2011 16:34 -

---

## **Beginner**

5 rounds

4 pull ups or progressions

5 push ups

6 knees to elbows

7 squats

Rest 3 minutes between each round.