

July 16, 2011

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



"Baby Barbara"

Advanced

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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

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Beginner

5 rounds

4 pull ups or progressions

5 push ups

6 knees to elbows

7 squats

Rest 3 minutes between each round.