

**August 9, 2011**

Written by Andrea  
Monday, 08 August 2011 16:18 -

---



**Advanced**

5 rounds

10 overhead squats #65

**August 9, 2011**

Written by Andrea  
Monday, 08 August 2011 16:18 -

---

10 push ups

## **Intermediate**

4 rounds

10 overhead squats #45

10 push ups

## **Beginner**

3 rounds

10 overhead squats #15-25

10 push ups

**August 9, 2011**

Written by Andrea  
Monday, 08 August 2011 16:18 -

---

If you cannot do regular push ups, do them on parallettes, a tire, wall or some sort of elevated surface.