

**August 15, 2011**

Written by Andrea  
Sunday, 14 August 2011 17:16 -

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With a continuously running clock, do one pull-up and one push-up the first minute, two pull-ups and two push-ups the second minute, three pull-ups and three push-ups the third minute... continuing as long as you are able. When you cannot complete the required number of reps for either exercise, continue only with the other as long as you are able.

Use as many sets in any order each minute as needed.

Use whatever progression for each exercise that you may need.

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