

**October 16, 2011**

Written by Andrea  
Saturday, 15 October 2011 18:37 -

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## **Advanced**

5 rounds

200m run

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10 pull ups

200m run

10 push ups

200m run

10 knees to elbows

200m run

10 squats

## **Intermediate**

4 rounds

200m run

10 pull ups

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200m run

10 push ups

200m run

10 knees to elbows

200m run

10 squats

**Beginner**

3 rounds

200m run

10 pull ups

200m run

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10 push ups

200m run

10 knees to elbows

200m run

10 squats

Sub 250m row for run as needed.

Use pull up progressions if necessary.