

October 18, 2011

Written by Andrea

Monday, 17 October 2011 19:35 -



Advanced

5 rounds

200m run

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5 pull ups

5 dips

200m run

10 dumbbell shoulder press #25 DB's

200m run

Max L-sit hold with bent knees

200m run

10 squats

Intermediate

4 rounds

200m run

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5 pull ups

5 dips

200m run

10 dumbbell shoulder press #15 DB's

200m run

Max L-sit hold with bent knees

200m run

10 squats

Beginner

3 rounds

200m run

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5 pull ups

5 dips

200m run

10 dumbbell shoulder press #10 DB's

200m run

Max L-sit hold with bent knees

200m run

10 squats

Sub 250m row for run, and use pull up progressions as needed.

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For dips, use rings, parallel bars or a bench.