

November 4, 2011

Written by Andrea
Thursday, 03 November 2011 18:41 -



Advanced

21-15-9

Knees to elbows

Pull ups

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Dips

Intermediate

21-15-9

Knees to elbows

Pull ups

Dips

Beginner

15-12-9

Knees to elbows

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Pull ups

Dips

Use whatever progression needed for pull ups. Use whatever assistance needed for dips, and do them on the rings, parallel bars or a bench.