

**November 11, 2011**

Written by Andrea  
Thursday, 10 November 2011 19:42 -

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**"Baby Murph"**

**Advanced**

800m run

65 pull ups

65 push ups

65 squats

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800m run

## **Intermediate**

400m run

45 pull ups or progressions

45 push ups

45 squats

400m run

## **Beginner**

200m run/walk

25 pull up progressions

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25 push ups

25 squats

200m run/walk

Partition the pull ups, push ups, squats as needed.