

January 31, 2012

Written by Andrea
Monday, 30 January 2012 20:52 -



"Baby Tyler"

Advanced

5 rounds

10 pull ups

10 dips

10 sumo deadlift high pulls 24kg kettlebell

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Intermediate

4 rounds

10 pull ups or progressions

10 dips

10 sumo deadlift high pulls 16kg kettlebell

Beginner

3 rounds

10 pull up progressions

10 dips

10 sumo deadlift high pulls 12kg kettlebell

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For dips: Use rings, parallel bars or bench.