

**March 15, 2012**

Written by Andrea

Wednesday, 14 March 2012 19:17 -

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**12.4**

**Advanced**

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45 wall ball #14

45 step ups

45 pull ups

45 dips

### **Intermediate**

35 wall ball #10

35 step ups

35 pull ups or progressions

35 dips

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## **Beginner**

25 wall ball #6

25 step ups

25 pull up progressions

25 dips

Dips can be done on the rings, parallel bars or bench.