

July 3, 2013

Written by Andrea

Tuesday, 02 July 2013 16:14 -



Advanced

10-9-8-7-6-5-4-3-2-1

Pull ups

Step ups

Knees to elbows

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Intermediate

9-8-7-6-5-4-3-2-1

Pull ups or progressions

Step ups

Knees to elbows

Beginner

8-7-6-5-4-3-2-1

Pull up progressions

Step ups

Knees to elbows