

**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

**July 3, 2013**

Written by Andrea  
Tuesday, 02 July 2013 16:14 -

---

## **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