

**July 13, 2013**

Written by Andrea  
Friday, 12 July 2013 19:24 -

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**Advanced**

3 rounds

20 knees to elbows

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20 box jumps

20 pull ups

20 overhead walking lunges #25 plate

## **Intermediate**

3 rounds

15 knees to elbows

15 box jumps or step ups

15 pull ups or progressions

15 overhead walking lunges #15 plate

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## **Beginner**

3 rounds

10 knees to elbows

10 step ups

10 pull up progressions

10 overhead walking lunges #10 plate