

**August 22, 2013**

Written by Andrea  
Wednesday, 21 August 2013 20:41 -

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## **Advanced**

5 rounds

10 pull ups

10 dips

50m farmer carry #25 dumbbells

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## **Intermediate**

4 rounds

10 pull ups or progressions

10 dips

50m farmer carry #15 dumbbells

## **Beginner**

3 rounds

10 pull up progressions

10 dips

50m farmer carry #10 dumbbells

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Use bands for the dips as needed, or scale to jump to support.