

August 22, 2013

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



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.