

**August 25, 2013**

Written by Andrea  
Saturday, 24 August 2013 16:22 -

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**"Baby Cindy"**

**Advanced and Intermediate**

For 15 minutes do:

5 pull ups or progressions

10 push ups

15 squats

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## **Beginner**

For 10 minutes do:

5 pull ups or progressions

10 push ups

15 squats