

September 26, 2013

Written by Andrea

Wednesday, 25 September 2013 18:16 -



Advanced

3 rounds

20 push press #65

20 pull ups

20 squats

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Intermediate

3 rounds

15 push press #45

15 pull ups or progressions

15 squats

Beginner

3 rounds

10 push press #15-25

10 pull up progressions

10 squats