

**September 26, 2013**

Written by Andrea  
Wednesday, 25 September 2013 18:16 -

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## **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