

**October 4, 2013**

Written by Andrea  
Thursday, 03 October 2013 21:09 -

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**"Baby Nicole"**

**Advanced**

For 15 minutes do:

Run 400m

Max rep pull ups

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## **Intermediate**

For 15 minutes do:

Run 400m

Max rep pull ups or progressions

## **Beginner**

For 12 minutes do:

Run 200m

Max rep pull up progressions