

December 31, 2013

Written by Andrea

Monday, 30 December 2013 19:14 -



Advanced

3 rounds

10 dips

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15 push ups

20 overhead walking lunges #25 plate

Intermediate

3 rounds

10 dips

15 push ups

15 overhead walking lunges #15 plate

Beginner

3 rounds

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10 dips

10 push ups

10 overhead walking lunges #10 plate

Use bands for the dips as needed, or scale to jump to support.