

January 11, 2014

Written by Andrea
Friday, 10 January 2014 20:51 -



"Baby Cindy"

Advanced

For 15 minutes do:

5 pull ups

10 push ups

15 squats

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Intermediate

For 15 minutes do:

5 pull ups or progressions

10 push ups

15 squats

Beginner

For 10 minutes do:

5 pull up progressions

10 push ups

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15 squats