

**January 23, 2014**

Written by Andrea

Wednesday, 22 January 2014 20:48 -

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## **Advanced**

3 rounds

5 pull ups

5 dips

10 push ups

15 squats

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## **Intermediate**

3 rounds

5 pull ups or progressions

5 dips

10 push ups

15 squats

## **Beginner**

3 rounds

5 pull up progressions

5 dips

10 push ups

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10 squats

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