

**February 10, 2014**

Written by Andrea  
Sunday, 09 February 2014 19:37 -

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## **Advanced**

3 rounds

20 push press #65

20 pull ups

20 knees to elbows

## **Intermediate**

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3 rounds

15 push press #45

15 pull ups or progressions

15 knees to elbows

## **Beginner**

3 rounds

10 push press #15-25

10 pull up progressions

10 knees to elbows