

March 18, 2011

Written by Andrea
Thursday, 17 March 2011 19:37 -



Advanced

3 rounds

12 pull ups

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12 push ups

12 pull ups

12 push ups

Intermediate

3 rounds

9 pull ups or progressions

9 push ups

9 pull ups or progressions

9 push ups

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Beginner

3 rounds

6 pull up progressions

6 push ups

6 pull up progressions

6 push ups