

October 16, 2011

Written by Andrea
Saturday, 15 October 2011 18:37 -



Advanced

5 rounds

200m run

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10 pull ups

200m run

10 push ups

200m run

10 knees to elbows

200m run

10 squats

Intermediate

4 rounds

200m run

10 pull ups

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200m run

10 push ups

200m run

10 knees to elbows

200m run

10 squats

Beginner

3 rounds

200m run

10 pull ups

200m run

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10 push ups

200m run

10 knees to elbows

200m run

10 squats

Sub 250m row for run as needed.

Use pull up progressions if necessary.