

November 11, 2011

Written by Andrea
Thursday, 10 November 2011 19:42 -



"Baby Murph"

Advanced

800m run

65 pull ups

65 push ups

65 squats

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800m run

Intermediate

400m run

45 pull ups or progressions

45 push ups

45 squats

400m run

Beginner

200m run/walk

25 pull up progressions

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25 push ups

25 squats

200m run/walk

Partition the pull ups, push ups, squats as needed.