

**November 12, 2011**

Written by Andrea

Friday, 11 November 2011 17:19 -

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**Advanced**

500m row

20 step ups

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20 push ups

20 knees to elbows

20 pull ups

20 good mornings

20 dips

10 turkish get ups, alternating arms, 12kg KB or #25 DB

## **Intermediate**

500m row

15 step ups

15 push ups

15 knees to elbows

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15 pull ups

15 good mornings

15 dips

8 turkish get ups, alternating arms, 8kg KB or #15 DB

## **Beginner**

250m row

10 step ups

10 push ups

10 knees to elbows

10 pull ups

10 good mornings

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10 dips

6 turkish get ups, alternating arms, 4kg KB or #10 DB

For the good mornings, use an empty bar.

For the dips, use rings, parallel bars or a bench.

For the get ups, start from a seated position with the bell overhead and stand up while keeping your eyes on the bell. Sit back down, still keeping your eyes on the bell, switch arms, repeat.