

**December 3, 2011**

Written by Andrea  
Friday, 02 December 2011 19:25 -

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## **Advanced**

For 20 minutes do:

250m row

25 push ups

## **Intermediate**

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For 15 minutes do:

250m row

20 push ups

**Beginner**

For 10 minutes do:

250m row

15 push ups