

**December 23, 2011**

Written by Andrea

Thursday, 22 December 2011 21:11 -

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## **Advanced**

5 rounds

10 pull ups

10 dips

10 push press #65

200m row

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## **Intermediate**

4 rounds

10 pull ups

10 dips

10 push press #45

200m row

## **Beginner**

3 rounds

10 pull ups

10 dips

10 push press #15-25

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200m row

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

Use whatever pull up progressions you are using at this time.