

**January 31, 2012**

Written by Andrea  
Monday, 30 January 2012 20:52 -

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**"Baby Tyler"**

**Advanced**

5 rounds

10 pull ups

10 dips

10 sumo deadlift high pulls 24kg kettlebell

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## **Intermediate**

4 rounds

10 pull ups or progressions

10 dips

10 sumo deadlift high pulls 16kg kettlebell

## **Beginner**

3 rounds

10 pull up progressions

10 dips

10 sumo deadlift high pulls 12kg kettlebell

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For dips: Use rings, parallel bars or bench.