

March 20, 2012

Written by Andrea  
Monday, 19 March 2012 19:37 -

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## **Advanced**

15-12-9

Thrusters #65

Pull ups

Dips

## **Intermediate**

15-12-9

Thrusters #45

Pull ups or progressions

Dips

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## **Beginner**

12-9-6

Thrusters #15-25

Pull up progressions

Dips

Dips can be done on the rings, parallel bars or bench.