

August 18, 2013

Written by Andrea
Saturday, 17 August 2013 20:11 -



“Baby Angie”

Advanced

45 pull ups

45 push ups

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45 knees to elbows

45 squats

Intermediate

35 pull ups or progressions

35 push ups

35 knees to elbows

35 squats

Beginner

25 pull up progressions

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25 push ups

25 knees to elbows

25 squatsAugust