

September 7, 2013

Written by Andrea
Friday, 06 September 2013 17:11 -



Advanced

5 rounds

10 pull ups

10 push ups

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10 knees to elbows

10 squats

Intermediate

4 rounds

10 pull ups or progressions

10 push ups

10 knees to elbows

10 squats

Beginner

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3 rounds

10 pull up progressions

10 push ups

10 knees to elbows

10 squats