

January 29, 2014

Written by Andrea

Tuesday, 28 January 2014 20:47 -



"Baby Murph"

Advanced

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800m run

60 pull ups

60 push ups

60 squats

800m run

Intermediate

400m run

45 pull ups or progressions

45 push ups

45 squats

400m run

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Beginner

200m run

30 pull up progressions

30 push ups

30 squats

200m run

Partition the pull ups, push ups and squats as needed.