

**March 7, 2014**

Written by Andrea  
Thursday, 06 March 2014 20:33 -

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**Rest Day**

**or**

**14.2**

**Advanced**

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2 rounds

10 overhead squats #65

10 pull ups

Rest 1 minute

2 rounds

10 overhead squats #65

10 pull ups

Rest 1 minute

2 rounds

10 overhead squats #65

10 pull ups

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## **Intermediate**

2 rounds

8 overhead squats #45

8 pull ups or progressions

Rest 1 minute

2 rounds

8 overhead squats #45

8 pull ups or progressions

Rest 1 minute

2 rounds

8 overhead squats #45

8 pull ups or progressions

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## **Beginner**

2 rounds

6 overhead squats #15-25

6 pull up progressions

Rest 1 minute

2 rounds

6 overhead squats #15-25

6 pull up progressions

Rest 1 minute

2 rounds

6 overhead squats #15-25

6 pull up progressions

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