

**May 11, 2014**

Written by Andrea  
Saturday, 10 May 2014 20:10 -

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## **Advanced**

For 15 minutes do:

400m run

5 pull ups

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10 push ups

15 squats

## **Intermediate**

For 15 minutes do:

400m run

5 pull ups or progressions

10 push ups

15 squats

## **Beginner**

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For 10 minutes do:

200m run

5 pull up progressions

10 push ups

15 squats