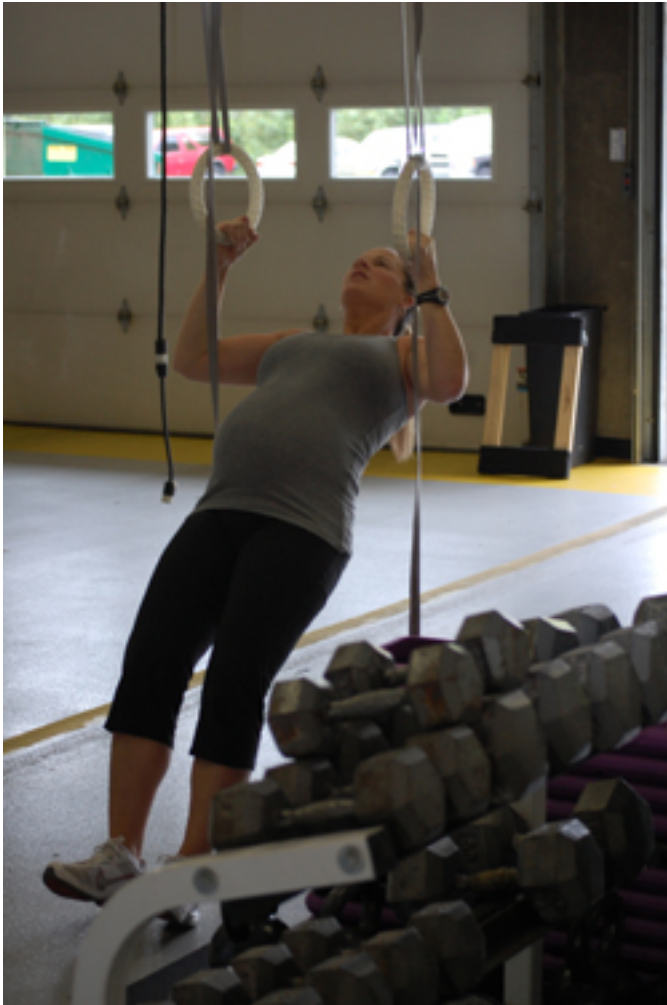


**January 20, 2012**

Written by Andrea  
Thursday, 19 January 2012 20:20 -

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**Advanced**

3 rounds

1000m row

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20 thrusters #45

20 pull ups

### **Intermediate**

3 rounds

800m row

15 thrusters #35

15 pull ups or progressions

### **Beginner**

3 rounds

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500m row

10 thrusters #15-25

10 pull up progressions