

March 18, 2012

Written by Andrea

Saturday, 17 March 2012 20:10 -



Advanced

3 rounds

500m row

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20 knees to elbows

4 beginner rope climbs

Intermediate

3 rounds

500m row

15 knees to elbows or knee ups

4 beginner rope climbs

Beginner

3 rounds

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250m row

10 knee ups

2 beginner rope climbs

Beginner rope climb: Sit at the bottom of the rope. Pull yourself to a standing position using your legs as little as possible.