

**June 2, 2013**

Written by Andrea  
Saturday, 01 June 2013 19:14 -

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## **Advanced**

3 rounds

3 beginner rope climbs

200m run

10 hang power clean #65

200m run

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## **Intermediate**

3 rounds

3 beginner rope climbs

200m run

10 hang power clean #45

200m run

## **Beginner**

3 rounds

3 beginner rope climbs

200m run

10 hang power clean #15-25

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200m run

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