

Advanced

3 rounds

3 beginner rope climbs

200m run

10 hang power clean #65

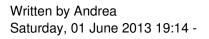
200m run

June 2, 2013

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

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

June 2, 2013



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.