

**June 29, 2013**

Written by Andrea  
Friday, 28 June 2013 17:17 -

---



## **Advanced**

3 rounds

1000m row

20 wall ball #14

20 pull ups

**June 29, 2013**

Written by Andrea  
Friday, 28 June 2013 17:17 -

---

## **Intermediate**

3 rounds

750m row

15 wall ball #10

15 pull ups or progressions

## **Beginner**

3 rounds

500m row

10 wall ball #6

10 pull up progressions