

**July 19, 2013**

Written by Andrea  
Thursday, 18 July 2013 18:54 -

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## **Advanced**

5 rounds

10 hang power clean and jerk #65

3 beginner rope climbs

## **Intermediate**

4 rounds

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10 hang power clean and jerk #45

3 beginner rope climbs

## **Beginner**

3 rounds

10 hang power clean and jerk #15-25

3 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.