

**July 28, 2013**

Written by Andrea  
Saturday, 27 July 2013 17:06 -

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## **Advanced**

3 rounds

500m row

20 pull ups

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15 push jerks #65

## **Intermediate**

3 rounds

500m row

15 pull ups or progressions

15 push jerks #45

## **Beginner**

3 rounds

250m row

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10 pull up progressions

10 push jerks #15-25