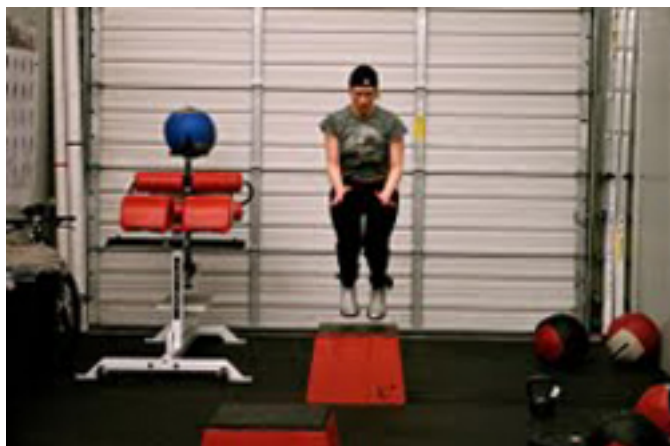


August 20, 2013

Written by Andrea
Monday, 19 August 2013 18:25 -



Advanced

5 rounds

10 shoulder press #30 dumbbells

10 box jumps

3 beginner rope climbs

August 20, 2013

Written by Andrea
Monday, 19 August 2013 18:25 -

Intermediate

4 rounds

10 shoulder press #20 dumbbells

10 box jumps or step ups

3 beginner rope climbs

Beginner

3 rounds

10 shoulder press #10-15 dumbbells

10 step ups

3 beginner rope climbs

August 20, 2013

Written by Andrea
Monday, 19 August 2013 18:25 -

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