

**December 2, 2013**

Written by Andrea

Sunday, 01 December 2013 21:09 -

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## **Advanced**

5 rounds

10 knees to elbows

3 beginner rope climbs

## **Intermediate**

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4 rounds

10 knees to elbows

3 beginner rope climbs

## **Beginner**

3 rounds

10 knees to elbows

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.

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