

December 2, 2013

Written by Andrea
Sunday, 01 December 2013 21:09 -



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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