

May 4, 2014

Written by Andrea
Saturday, 03 May 2014 20:30 -



Advanced

10 rounds

3 beginner rope climbs

200m run

Intermediate

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7 rounds

3 beginner rope climbs

200m run

Beginner

4 rounds

3 beginner rope climbs

200m run

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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