

**May 4, 2014**

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

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## **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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