

July 6, 2011

Written by Andrea

Tuesday, 05 July 2011 18:45 - Last Updated Tuesday, 05 July 2011 19:11



Advanced

5 rounds

3 beginner rope climbs

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10 shoulder press #25 DB's

10 overhead squats #65

Intermediate

4 rounds

3 beginner rope climbs

10 shoulder press #15 DB's

10 overhead squats #45

Beginner

3 rounds

3 beginner rope climbs

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10 shoulder press #10 DB's

10 overhead squats #15-25

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