

**September 12, 2011**

Written by Andrea

Sunday, 11 September 2011 16:18 -

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## **Advanced**

4 rounds

400m run

15 thrusters #65

15 pull ups

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## **Intermediate**

3 rounds

400m run or 500m row

15 thrusters #45

15 pull ups or progressions

## **Beginner**

3 rounds

400m run or 500m row

10 thrusters #15-25

10 pull up progressions