

January 27, 2012

Written by Andrea
Thursday, 26 January 2012 22:39 -



Advanced

5 rounds

12 back squats #65

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5 beginner rope climbs

Intermediate

4 rounds

12 back squats #45

5 beginner rope climbs

Beginner

3 rounds

12 back squats #15-25

5 beginner rope climbs

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