

**January 27, 2012**

Written by Andrea

Thursday, 26 January 2012 22:39 -

---



**Advanced**

5 rounds

12 back squats #65

**January 27, 2012**

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

---

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

**January 27, 2012**

Written by Andrea

Thursday, 26 January 2012 22:39 -

---

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