

**March 4, 2012**

Written by Andrea  
Saturday, 03 March 2012 21:48 -

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## **Advanced**

5 rounds

10 hang power clean and jerk #65

10 beginner rope climbs

## **Intermediate**

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4 rounds

10 hang power clean and jerk #45

7 beginner rope climbs

## **Beginner**

3 rounds

10 hang power clean and jerk #15-25

5 beginner rope climbs

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