

**March 18, 2012**

Written by Andrea

Saturday, 17 March 2012 20:10 -

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**Advanced**

3 rounds

500m row

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20 knees to elbows

4 beginner rope climbs

## **Intermediate**

3 rounds

500m row

15 knees to elbows or knee ups

4 beginner rope climbs

## **Beginner**

3 rounds

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250m row

10 knee ups

2 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.