

June 2, 2013

Written by Andrea
Saturday, 01 June 2013 19:14 -



Advanced

3 rounds

3 beginner rope climbs

200m run

10 hang power clean #65

200m run

June 2, 2013

Written by Andrea
Saturday, 01 June 2013 19:14 -

Intermediate

3 rounds

3 beginner rope climbs

200m run

10 hang power clean #45

200m run

Beginner

3 rounds

3 beginner rope climbs

200m run

10 hang power clean #15-25

June 2, 2013

Written by Andrea
Saturday, 01 June 2013 19:14 -

200m run

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