

**July 25, 2013**

Written by Andrea  
Wednesday, 24 July 2013 20:07 -

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## **Advanced**

3 rounds

400m run

20 double unders

3 beginner rope climbs

20 front squats #65

100m farmer carry #30 DB's

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20 dumbbell snatch, alternating #30

## **Intermediate**

3 rounds

400m run

15 double or single unders

3 beginner rope climbs

15 front squats #45

100m farmer carry #20 DB's

15 dumbbell snatch, alternating #20

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## **Beginner**

3 rounds

200m run

10 single unders or step ups

3 beginner rope climbs

10 front squats #15-25

50m farmer carry #15 DB's

10 dumbbell snatch, alternating #15

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

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