

**March 5, 2014**

Written by Andrea  
Tuesday, 04 March 2014 20:53 -

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## **Advanced**

3 rounds

5 beginner rope climbs

10 dips

20 squats

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## **Intermediate**

3 rounds

5 beginner rope climbs

10 dips

15 squats

## **Beginner**

3 rounds

5 beginner rope climbs

10 dips

10 squats

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

Use bands for the dips as needed, or scale to jump to support.