

March 10, 2014

Written by Andrea
Sunday, 09 March 2014 17:19 -



Advanced

5 rounds

400m run

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3 beginner rope climbs

10 push ups

Intermediate

4 rounds

400m run

3 beginner rope climbs

10 push ups

Beginner

3 rounds

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200m run

3 beginner rope climbs

10 push ups

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