

June 17, 2013

Written by Andrea
Sunday, 16 June 2013 17:37 -



Advanced

3 rounds

1000m row

20 pull ups

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20 box jumps

Intermediate

3 rounds

750m row

15 pull ups or progressions

15 box jumps or step ups

Beginner

3 rounds

500m row

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10 pull up progressions

10 step ups