

**June 17, 2013**

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

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## **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