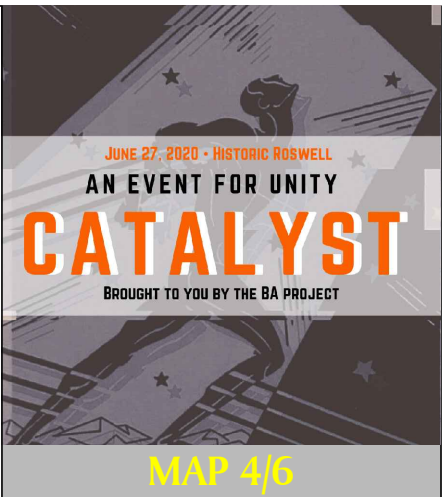
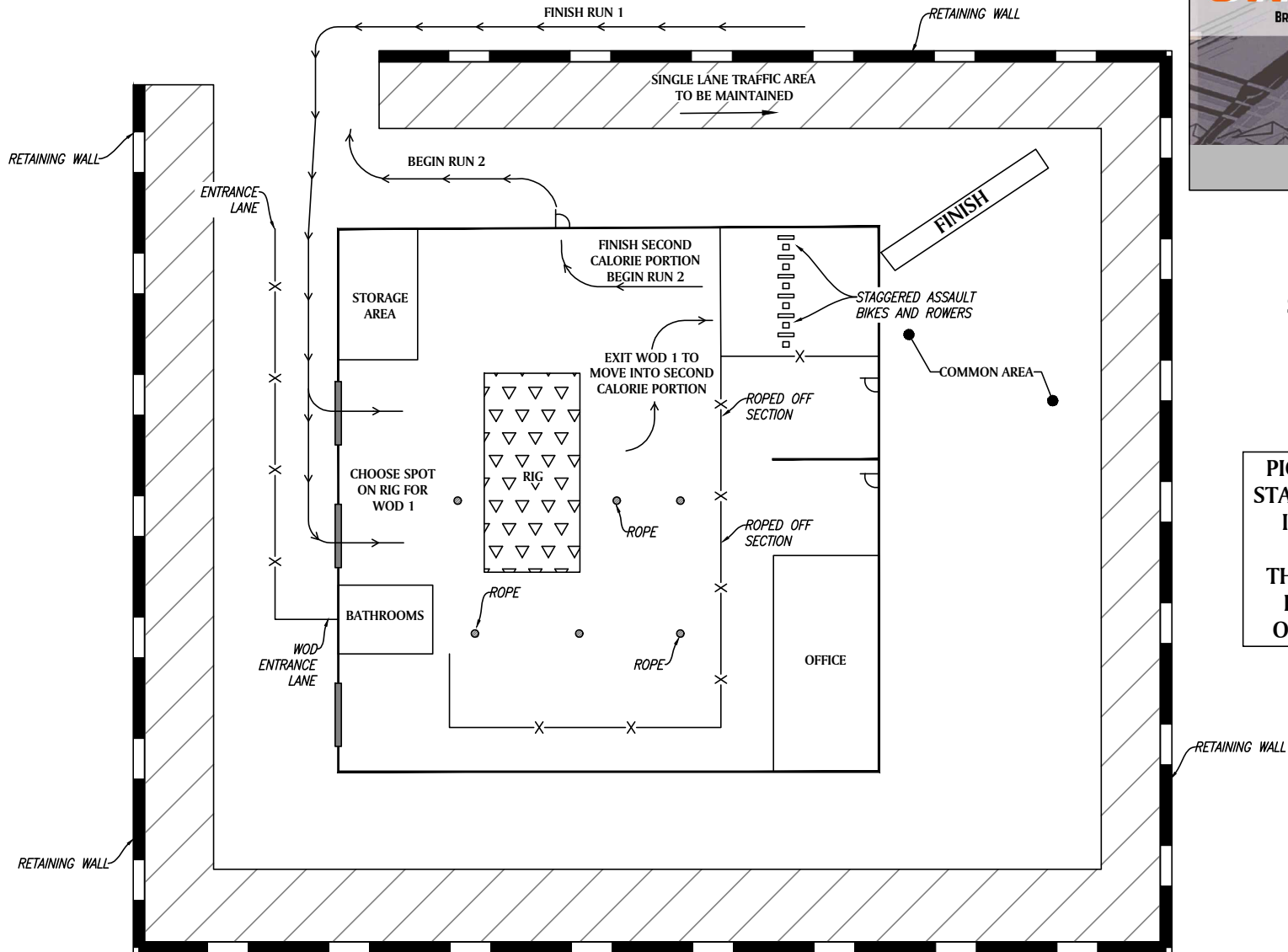


WOD 1

MAPLE STREET



WOD 1
RX: 5 ROUNDS
SCALED: 3 ROUNDS

5 PULL-UPS
10 PUSHUPS
1 ROPE CLIMB

PICK YOUR PULLUP BAR
STATION AND RETURN TO
IT FOR EACH ROUND

THERE ARE 6 ROPES, BE
RESPECTFUL OF THE
OTHER PARTICIPANTS

EVENT PHOTOS BY:
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