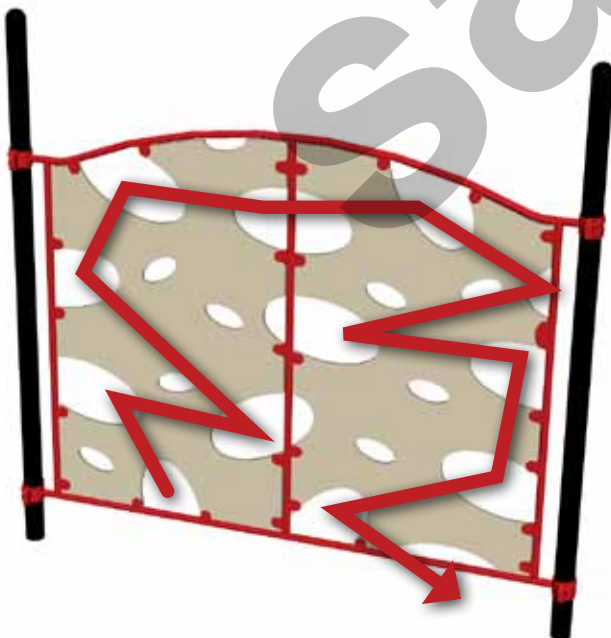




Grab onto the overhead grips and bring your knees to your chest 10 times.



Climb up and down the wall, gripping only the large holes. Repeat on the opposite side, using only the small holes.