

April 17, 2011

Written by Andrea
Saturday, 16 April 2011 22:27 -



"Baby Hammer"

Advanced

5 rounds

5 hang power cleans #65

10 front squats #65

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5 jerks #65

10 pull ups

Intermediate

4 rounds

5 hang power cleans #45

10 front squats #45

5 jerks #45

10 pull ups or progressions

Beginner

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3 rounds

5 hang power cleans #15-25

10 front squats #15-25

5 jerks #15-25

10 pull up progressions