

**April 17, 2011**

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

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**"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