

**May 11, 2011**

Written by Andrea  
Tuesday, 10 May 2011 19:51 -

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## **Advanced**

5 rounds

10 overhead squats #65

10 toes to bar or knees to elbows

10 dumbbell hang power cleans #25

10 double or single unders

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## **Intermediate**

4 rounds

10 overhead squats #35-45

10 toes to bar or knees to elbows

10 dumbbell hang power cleans #15

10 single unders or step ups

## **Beginner**

3 rounds

10 overhead squats #15-25

10 knees to elbows or knee ups

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10 dumbbell hang power cleans #10

10 step ups