

June 1, 2011

Written by Andrea

Tuesday, 31 May 2011 16:06 - Last Updated Tuesday, 31 May 2011 16:48



Advanced

3 rounds

20 hang power cleans #65

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20 squats

20 push ups

Intermediate

3 rounds

15 hang power cleans #45

15 squats

15 push ups

Beginner

3 rounds

10 hang power cleans #15-25

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10 squats

10 push ups

If baby is in the way of the bar path, sub dumbbells with weight close to your bar weight.