

**June 18, 2011**

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## **"Baby Badger"**

### **Advanced**

3 rounds  
20 hang power cleans #55-65  
20 pull ups  
400m run

### **Intermediate**

3 rounds  
15 hang power cleans #45  
15 pull ups or progressions  
400m run/walk

### **Beginner**

3 rounds  
10 hang power cleans #15-25  
10 pull up progressions  
200m run/walk