

June 24, 2011

Written by Andrea

Thursday, 23 June 2011 18:46 -



Advanced

800m run/walk/row

30 hang power clean and jerks #65

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800m run/walk/row

Intermediate

400m run/walk/row

30 hang power clean and jerks #45

400m run/walk/row

Beginner

400m run/walk/row

30 hang power clean and jerks #15-25

400m run/walk/row

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Sub dumbbells for the barbell if necessary.