

**June 24, 2011**

Written by Andrea  
Thursday, 23 June 2011 18:46 -

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## **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.