

July 28, 2011

Written by Andrea

Wednesday, 27 July 2011 19:43 -



The mainsite WOD calls for squat cleans. Break this movement into a power clean or hang power clean, then front squat, then push press or jerk, or thruster.

Advanced

July 28, 2011

Written by Andrea
Wednesday, 27 July 2011 19:43 -

12-9-6

Squat clean and jerk (see above) #65

Pull ups

Dips

Intermediate

12-9-6

Squat clean and jerk (see above) #45

Pull ups or progressions

Dips

July 28, 2011

Written by Andrea
Wednesday, 27 July 2011 19:43 -

Beginner

12-9-6

Squat clean and jerk (see above) #15-25

Pull up progressions

Dips

Do the dips on the rings, parallel bars or a bench.