

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 -

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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.