

August 13, 2011

Written by Andrea
Friday, 12 August 2011 16:55 -



“Leandro”

Advanced

5 rounds

10 step ups

10 dumbbell hang power cleans #20-25 DB's

10 squats

Intermediate

4 rounds

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10 step ups

10 dumbbell hang power cleans #15 DB's

10 squats

Beginner

3 rounds

10 step ups

10 dumbbell hang power cleans #10 DB's

10 squats