

**September 14, 2011**

Written by Andrea

Tuesday, 13 September 2011 16:41 -

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## **Advanced**

21-15-9

Pull ups

Hang power cleans #65

## **Intermediate**

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21-15-9

Pull ups or progressions

Hang power cleans #45

**Beginner**

15-12-9

Pull up progressions

Hang power cleans #15-25

Sub dumbbells for the barbell if needed.