

October 30, 2011

Written by Andrea

Saturday, 29 October 2011 16:15 -



Advanced

5 rounds

#65

10 hang power clean

10 shoulder press

10 overhead squat

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Intermediate

4 rounds

#45

10 hang power clean

10 shoulder press

10 overhead squat

Beginner

3 rounds

#15-25

10 hang power clean

10 shoulder press

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10 overhead squat

Sub dumbbells for the barbell if needed.