

December 11, 2011

Written by Andrea
Saturday, 10 December 2011 18:04 -



Advanced

5 rounds

10 hang power clean #30 dumbbells

10 push ups

Intermediate

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4 rounds

10 hang power clean #20 dumbbells

10 push ups

Beginner

3 rounds

10 hang power clean #15 dumbbells

10 push ups