

**December 21, 2011**

Written by Andrea

Tuesday, 20 December 2011 19:41 -

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## **Advanced**

21-15-9

Hang power clean #65

Knees to elbows

## **Intermediate**

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21-15-9

Hang power clean #45

Knees to elbows or knee ups

**Beginner**

15-12-9

Hang power clean #15-25

Knees to elbows or knee ups