

February 21, 2012

Written by Andrea

Monday, 20 February 2012 22:25 -



Advanced

5 rounds

10 Hang power clean #65

10 Shoulder press #65

10 Overhead squat #65

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Intermediate

4 rounds

10 Hang power clean #45

10 Shoulder press #45

10 Overhead squat #45

Beginner

3 rounds

10 Hang power clean #15-25

10 Shoulder press #15-25

10 Overhead squat #15-25

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