

April 23, 2012

Written by Andrea  
Sunday, 22 April 2012 17:03 -

---



"Baby Grace"    Advanced    30 hang power clean and anyway overhead    #65    Intermediate    3  
0 hang power clean and anyway overhead    #45

Beginner

30 hang power clean and anyway overhead    #15-25

Sub dumbbells for the barbell if needed.

**"Baby Grace"**

**April 23, 2012**

Written by Andrea  
Sunday, 22 April 2012 17:03 -

---

## **Advanced**

30 hang power clean and anyway overhead #65

## **Intermediate**

30 hang power clean and anyway overhead #45

## **Beginner**

30 hang power clean and anyway overhead #15-25

Sub dumbbells for the barbell if needed.