

April 25, 2012

Written by Andrea

Tuesday, 24 April 2012 17:41 -



"Baby J.J."

Advanced

1 up to 10

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Hang power cleans #65

10 down to 1

Dumbbell shoulder press #25 DB's

Intermediate

1 up to 9

Hang power cleans #45

9 down to 1

Dumbbell shoulder press #15 DB's

Beginner

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1 up to 8

Hang power cleans #15-25

8 down to 1

Dumbbell shoulder press #10 DB's

Do 1 clean then 10 presses, 2 cleans then 9 presses, 3 cleans then 8 presses, etc.