

**April 19, 2013**

Written by Andrea

Thursday, 18 April 2013 16:42 -

---



### **"Death by Dumbbell Clean and Jerk"**

With a continuously running clock, do one hang power clean and jerk the first minute, two hang power clean and jerks the second minute, three hang power clean and jerks the third minute... continuing as long as you are able.

**April 19, 2013**

Written by Andrea  
Thursday, 18 April 2013 16:42 -

---

Use as many sets each minute as needed.

## **Advanced**

#30 dumbbells

## **Intermediate**

#20 dumbbells

## **Beginner**

#10 dumbbells

**April 19, 2013**

Written by Andrea

Thursday, 18 April 2013 16:42 -

---