

May 10, 2013

Written by Andrea

Thursday, 09 May 2013 18:13 -



Advanced

5 rounds

5 Dumbbell deadlifts #50

5 Dumbbell hang cleans #30

5 Dumbbell push presses #30

5 Dumbbell squats #30

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Intermediate

4 rounds
5 Dumbbell deadlifts #40
5 Dumbbell hang cleans #20
5 Dumbbell push presses #20
5 Dumbbell squats #20

Beginner

3 rounds
5 Dumbbell deadlifts #30
5 Dumbbell hang cleans #10-15
5 Dumbbell push presses #10-15
5 Dumbbell squats #10-15

For the deadlifts, place the dumbbell on end. Squat down and take hold of the head of the dumbbell with both hands and stand up.