

Advanced

5 rounds

- 5 Dumbbell deadlifts #50
- 5 Dumbbell hang cleans #30
- 5 Dumbbell push presses #30
- 5 Dumbbell squats #30

May 10, 2013

Written by Andrea Thursday, 09 May 2013 18:13 -

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.