

June 19, 2013

Written by Andrea

Tuesday, 18 June 2013 18:05 -



Advanced

3 rounds

400m run

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20 hang power clean #65

Intermediate

3 rounds

400m run

15 hang power clean #45

Beginner

3 rounds

200m run

10 hang power clean #15-25

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Sub dumbbells for the barbell if your belly impedes your bar path.