

**July 1, 2013**

Written by Andrea

Sunday, 30 June 2013 16:43 -

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**"Baby Grace"**

**Advanced**

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30 hang power clean and anyway overhead #65

### **Intermediate**

30 hang power clean and anyway overhead #45

### **Beginner**

30 hang power clean and anyway overhead #15-25

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