

July 7, 2013

Written by Andrea
Saturday, 06 July 2013 17:03 -



"Baby Elizabeth"

Advanced

21-15-9

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Hang power cleans #65

Dips

Intermediate

21-15-9

Hang power cleans #45

Dips

Beginner

15-12-9

Hang power cleans #15-25

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Dips

If your belly impedes your bar path, substitute dumbbells for the barbell, using weights closest to those posted in your category.

Use bands for the dips as needed, or scale to jump to support.