

**July 12, 2013**

Written by Andrea

Thursday, 11 July 2013 18:54 - Last Updated Thursday, 11 July 2013 19:00

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## **Advanced**

30 hang power clean, front squat and anyway overhead #65

## **Intermediate**

30 hang power clean, front squat and anyway overhead #45

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## **Beginner**

30 hang power clean, front squat and anyway overhead #15-25

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