

July 12, 2013

Written by Andrea

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



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.