

July 15, 2013

Written by Andrea
Sunday, 14 July 2013 18:08 -



Advanced

3 rounds

15 hang power cleans #65

15 burpees

July 15, 2013

Written by Andrea
Sunday, 14 July 2013 18:08 -

Intermediate

3 rounds

15 hang power cleans #45

15 burpees or pregnant burpees

Beginner

3 rounds

10 hang power cleans #15-25

10 pregnant burpees

Pregnant burpees: Stand in front of a wall or elevated surface. Do a squat, then at the top do a push up against the wall or elevated surface = 1.

July 15, 2013

Written by Andrea
Sunday, 14 July 2013 18:08 -

If your belly impedes your bar path, use dumbbells for the cleans.