

**September 9, 2013**

Written by Andrea

Sunday, 08 September 2013 18:16 -

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## **Advanced**

21-15-9

Hang power clean #30 dumbbells

Shoulder press #30 dumbbells

## **Intermediate**

**September 9, 2013**

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21-15-9

Hang power clean #20 dumbbells

Shoulder press #20 dumbbells

**Beginner**

15-12-9

Hang power clean #10-15 dumbbells

Shoulder press #10-15 dumbbells