

September 9, 2013

Written by Andrea

Sunday, 08 September 2013 18:16 -



Advanced

21-15-9

Hang power clean #30 dumbbells

Shoulder press #30 dumbbells

Intermediate

September 9, 2013

Written by Andrea
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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