

September 14, 2013

Written by Andrea
Friday, 13 September 2013 16:52 -



Advanced

3 rounds

20 hang power clean #65

20 squats

Intermediate

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3 rounds

15 hang power clean #45

15 squats

Beginner

3 rounds

10 hang power clean #15-25

10 squats

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