

September 21, 2013

Written by Andrea
Friday, 20 September 2013 16:31 -



Advanced

3 rounds

400m run

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20 clean and jerks #65

Intermediate

3 rounds

400m run

15 clean and jerks #45

Beginner

3 rounds

200m run

10 clean and jerks #15-25

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If your belly impedes your bar path, substitute dumbbells for the barbell.