

October 8, 2013

Written by Andrea
Monday, 07 October 2013 17:17 -



Advanced

3 rounds

400m run

20 hang power clean #65

October 8, 2013

Written by Andrea
Monday, 07 October 2013 17:17 -

Intermediate

3 rounds

400m run

15 hang power clean #45

Beginner

3 rounds

200m run

10 hang power clean #15-25

October 8, 2013

Written by Andrea
Monday, 07 October 2013 17:17 -

Sub dumbbells for the barbell if your belly impedes your bar path.