

December 30, 2013

Written by Andrea

Sunday, 29 December 2013 20:28 -



Advanced

15-12-9-6-3

Pull ups

Clean and jerk #65

Push ups

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Intermediate

15-12-9-6-3

Pull ups or progressions

Clean and jerk #45

Push ups

Beginner

15-12-9

Pull ups progressions

Hang power clean and jerk #10 dumbbells

Push ups

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If your belly impedes your bar path, use dumbbells for the clean and jerk.