

**January 9, 2014**

Written by Andrea  
Wednesday, 08 January 2014 19:19 -

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## **Advanced**

5 rounds

400m run

15 dumbbell clean and jerk #30 DB's

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## **Intermediate**

4 rounds

400m run

12 dumbbell clean and jerk #20 DB's

## **Beginner**

3 rounds

200m run

10 dumbbell clean and jerk #10 DB's