

January 9, 2014

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



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