

January 17, 2014

Written by Andrea
Thursday, 16 January 2014 20:28 -



Advanced

30 pull ups

30 dips

21 hang power clean and jerks #65

1500m row

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Intermediate

25 pull ups or progressions

25 dips

18 hang power clean and jerks #45

1000m row

Beginner

20 pull up progressions

20 dips

15 hang power clean and jerks #15-25

750m row

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If your belly impedes your bar path, substitute dumbbells for the barbell, using weights closest to those posted in your category.

Use bands for the dips as needed, or scale to jump to support.