

**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

**January 17, 2014**

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

---

## **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

**January 17, 2014**

Written by Andrea

Thursday, 16 January 2014 20:28 -

---

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.