

**January 19, 2014**

Written by Andrea

Saturday, 18 January 2014 21:12 -

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## **Advanced**

5 rounds

10 knees to elbows

10 good mornings

10 thrusters #65

10 hang power clean and jerks #65

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## **Intermediate**

4 rounds

10 knees to elbows

10 good mornings

10 thrusters #45

10 hang power clean and and jerks #45

## **Beginner**

3 rounds

10 knees to elbows

10 good mornings

10 thrusters #15-25

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10 hang power clean and jerks #15-25

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