

February 9, 2014

Written by Andrea
Saturday, 08 February 2014 20:57 -



Advanced

3 rounds

20 hang power clean #65

20 burpees

20 knees to elbows

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Intermediate

3 rounds

15 hang power clean #45

15 burpees or pregnant burpees

15 knees to elbows

Beginner

3 rounds

10 hang power clean #15-25

10 pregnant burpees

10 knees to elbows

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Pregnant burpees: Stand in front of a wall or elevated surface. Do a squat, then at the top do a push up against the wall or elevated surface = 1.

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