

February 14, 2014

Written by Andrea
Thursday, 13 February 2014 22:03 -



Advanced

3 rounds

500m row

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20 front squats #65

20 push press #65

20 hang power cleans #65

Intermediate

3 rounds

500m row

15 front squats #45

15 push press #45

15 hang power cleans #45

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Beginner

3 rounds

250m row

10 front squats #15-25

10 push press #15-25

10 hang power cleans #15-25

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