

February 18, 2014

Written by Andrea  
Monday, 17 February 2014 19:49 -

---



**Advanced**

21-15-9

Box jumps

Hang power clean #65

**February 18, 2014**

Written by Andrea  
Monday, 17 February 2014 19:49 -

---

## **Intermediate**

21-15-9

Box jumps or step ups

Hang power clean #45

## **Beginner**

15-12-9

Step ups

Hang power clean #15-25

**February 18, 2014**

Written by Andrea

Monday, 17 February 2014 19:49 -

---

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