

April 26, 2014

Written by Andrea
Friday, 25 April 2014 19:16 -



"Baby Grace"

Advanced

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30 hang power clean and anyway overhead #65

Intermediate

30 hang power clean and anyway overhead #45

Beginner

30 hang power clean and anyway overhead #15-25

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