

**April 26, 2014**

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

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**"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.