

April 29, 2014

Written by Andrea
Monday, 28 April 2014 18:05 -



Advanced

20 deadlifts #65

20 lunges

20 back squats #65

20 toes to bar

20 hang power cleans #65

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20 box jumps

20 thrusters #65

20 double unders

Intermediate

15 deadlifts #45

15 lunges

15 back squats #45

15 toes to bar

15 hang power cleans #45

15 box jumps or step ups

15 thrusters #45

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15 double or single unders

Beginner

10 deadlifts #15-25

10 lunges

10 back squats #15-25

10 toes to bar

10 hang power cleans #15-25

10 step ups

10 thrusters #15-25

10 single unders

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If your belly does not allow for a proper, safe set up, please use the sumo stance for your deadlifts.

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