

June 4, 2014

Written by Andrea
Tuesday, 03 June 2014 20:18 -



Advanced

21-15-9

Power cleans #65

Push ups

Intermediate

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21-15-9

Power cleans #45

Push ups

Beginner

15-12-9

Power cleans #15-25

Push ups

If it is uncomfortable to do the cleans from the floor, do them from the hang position.

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

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