

**July 16, 2014**

Written by Andrea  
Tuesday, 15 July 2014 20:03 -

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## **Advanced**

For 20 minutes do:

3 hang power cleans #75

6 dips

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9 box jumps

27 double unders

## **Intermediate**

For 15 minutes do:

3 hang power cleans #55

6 dips

9 box jumps or step ups

27 double or single unders

## **Beginner**

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For 15 minutes do:

3 hang power cleans #15-25

6 dips

9 step ups

18 single unders

Use bands for the dips as needed, or scale to jump to support.

If you cannot jump rope, do double the box jumps/step ups.

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