

July 16, 2014

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



Advanced

For 20 minutes do:

3 hang power cleans #75

6 dips

July 16, 2014

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

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

July 16, 2014

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

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.

July 16, 2014

Written by Andrea

Tuesday, 15 July 2014 20:03 -
