

## "Baby Badger"

## Advanced

3 rounds 20 hang power cleans #55-65 20 pull ups 400m run

## Intermediate

3 rounds 15 hang power cleans #45 15 pull ups or progressions 400m run/walk

## **Beginner**

3 rounds 10 hang power cleans #15-25 10 pull up progressions 200m run/walk