

September 14, 2011

Written by Andrea

Tuesday, 13 September 2011 16:41 -



Advanced

21-15-9

Pull ups

Hang power cleans #65

Intermediate

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21-15-9

Pull ups or progressions

Hang power cleans #45

Beginner

15-12-9

Pull up progressions

Hang power cleans #15-25

Sub dumbbells for the barbell if needed.