

October 15, 2011

Written by Andrea
Friday, 14 October 2011 16:30 -



Advanced

5 rounds

7 hang power cleans #65

14 one-armed kettlebell swings 12kg

Intermediate

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5 rounds

7 hang powewr cleans #45

14 one-armed kettlebell swings 8kg

Beginner

5 rounds

7 hang power cleans #15-25

10 one-armed kettlebell swings 4kg

Sub dumbbells for the cleans if needed.

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