

April 7, 2013

Written by Andrea
Saturday, 06 April 2013 17:19 -



"Baby Jorge"

Advanced

15-12-9-6-3

Hang power clean #65

Knees to elbows

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Intermediate

15-12-9-6-3

Hang power clean #45

Knees to elbows

Beginner

12-9-6-3

Hang power clean #15-25

Knees to elbows

If your belly impedes your bar path, substitute dumbbells for the barbell.