

**June 19, 2013**

Written by Andrea

Tuesday, 18 June 2013 18:05 -

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**Advanced**

3 rounds

400m run

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20 hang power clean #65

## **Intermediate**

3 rounds

400m run

15 hang power clean #45

## **Beginner**

3 rounds

200m run

10 hang power clean #15-25

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Sub dumbbells for the barbell if your belly impedes your bar path.