

**September 5, 2013**

Written by Andrea  
Wednesday, 04 September 2013 17:05 -

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## **Advanced**

21-15-9

Kettlebell deadlift 32kg

Shoulder press #65

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Hang power clean #65

## **Intermediate**

21-15-9

Kettlebell deadlift 24kg

Shoulder press #45

Hang power clean #45

## **Beginner**

15-12-9

Kettlebell deadlift 16kg

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Shoulder press #15-25

Hang power clean #15-25

If your belly impedes your bar path, use dumbbells for the cleans.