

Advanced

3 rounds

400m run

20 hang power clean #65

October 8, 2013

Written by Andrea

Monday, 07 October 2013 17:17 -

| 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.