

Advanced

30 pull ups

30 dips

21 hang power clean and jerks #65

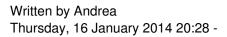
1500m row

January 17, 2014

Written by Andrea

Thursday, 16 January 2014 20:28 -Intermediate 25 pull ups or progressions 25 dips 18 hang power clean and jerks #45 1000m row **Beginner** 20 pull up progressions 20 dips 15 hang power clean and jerks #15-25 750m row

January 17, 2014



If your belly impedes your bar path, substitute dumbbells for the barbell, using weights closest to those posted in your category.

Use bands for the dips as needed, or scale to jump to support.