

February 4, 2014

Written by Andrea
Monday, 03 February 2014 19:55 -



Advanced

21-15-9

Hang power clean #65

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Pull ups

Intermediate

21-15-9

Hang power clean #45

Pull ups or progressions

Beginner

15-12-9

Hang power clean #15-25

Pull up progressions

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