

February 18, 2014

Written by Andrea
Monday, 17 February 2014 19:49 -



Advanced

21-15-9

Box jumps

Hang power clean #65

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Intermediate

21-15-9

Box jumps or step ups

Hang power clean #45

Beginner

15-12-9

Step ups

Hang power clean #15-25

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