

May 8, 2014

Written by Andrea
Wednesday, 07 May 2014 18:39 -



"Baby Grace"

Advanced

30 hang power clean and anyway overhead #65

Intermediate

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30 hang power clean and anyway overhead #45

Beginner

30 hang power clean and anyway overhead #15-25

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