

July 7, 2014

Written by Andrea

Sunday, 06 July 2014 22:39 - Last Updated Sunday, 06 July 2014 22:43



Grace

Advanced

30 hang power clean and anyway overhead #65

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Intermediate

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.