

PHASE 1:

5 min amrap:
5 Power cleans 70/45kg
5 Burpee over bar
1 min rest



	5 Power clean	5 Burpee over bar	Total reps
1			10
2			20
3			30
4			40
5			50
6			60
7			70
8			80
9			90
10			100

PHASE 2:

5 minutes to establish 1RM in squat clean
1 min rest



Squat clean 1RM	
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PHASE 3:

10 min amrap:
10 Pull ups
10 S2OH 50/35kg
30 Double unders



	10 Pull ups	10 S2OH 50/35kg	30 Double unders	Total reps
1				50
2				100
3				150
4				200
5				250
6				300
7				350