

I'll Meet You at the Bar

SNATCH COMPLEXES

1. Power Snatch + Overhead Squat
2. Hang Snatch + Snatch
3. Snatch Pull + Low Hang Snatch
4. Snatch Push Press + Snatch Balance + Pause Overhead Squat

CLEAN COMPLEXES

1. Power Clean + Front Squat
2. Clean Pull to Toes + Hang Clean
3. Clean + Front Squat + Jerk

JERK COMPLEXES

1. Behind the Neck Jerk + Jerk
2. Pause Jerk + Jerk
3. Front Squat + Jerk

While thinking about what type of fitness to share with you this week I stumbled upon a great resource from [Mike Dewar](#). I love Olympic lifting and if you told me 10 years ago, I would spend so much time with a barbell – I would've laughed in your face 😊

Fitness Disclaimer

The Site cannot and does not contain fitness/health advice. The fitness/health information is provided for general informational and educational purposes only and is not a substitute for professional advice.

Accordingly, before taking any actions based upon such information, we encourage you to consult with the appropriate professionals. We do not provide any kind of fitness/health advice. The use or reliance of any information contained on this site is solely at your own risk

Emily

10 rounds
30 double-unders
15 pull-ups
30 squats
100-m sprint
Rest 2 minutes

Josh

95/65-pound Overhead squat, 21 reps
42 Pull-ups
95/65-pound Overhead squat, 15 reps
30 Pull-ups
95/65-pound Overhead squat, 9 reps
18 Pull-ups

Glen

135 pound Clean and jerk, 30 reps
Run 1 mile
15-foot Rope climb, 10 ascents
Run 1 mile
100 Burpees

Loredo

Six rounds
24 Squats
24 Push-ups
24 Walking lunge steps
Run 400 meters

Schmalls

Run 800 meters
Then two rounds of:
50 Burpees

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40 Pull-ups
30 One-legged squats
20 Kettlebell swings, 1.5 pood
10 Handstand push-ups
Then,
Run 800 meters

Jennifer

Complete as many rounds as possible in 26 minutes of:

10 pull-ups
15 kettlebell swings, 1.5 pood
20 box jumps, 24-inch box



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