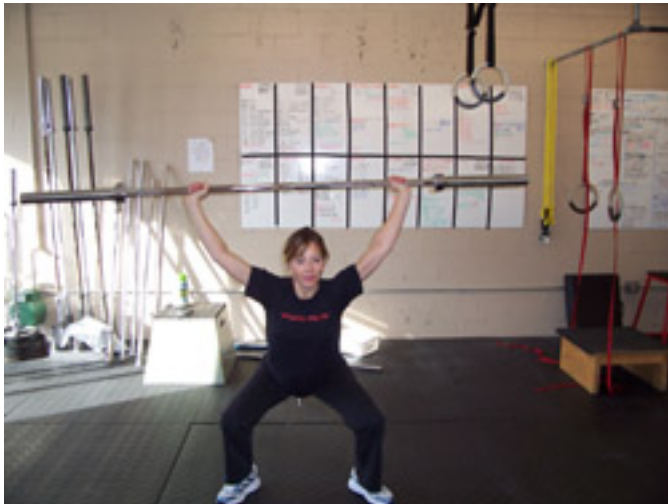


April 19, 2011

Written by Andrea
Monday, 18 April 2011 21:09 -



Skill Day

Today, do the [Burgener warm up](#) and practice the hang power snatch with PVC or an empty bar.