

May 7, 2011

Written by Andrea
Friday, 06 May 2011 21:13 -



Advanced

21-15-9

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Box jumps or step ups

Hang power snatch #45

Pull ups

Intermediate

21-15-9

Step ups

Hang power snatch #25-35

Pull ups or progressions

Beginner

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15-12-9

Step ups

Hang power snatch PVC- #15

Pull up progressions