

**May 29, 2011**

Written by Andrea  
Saturday, 28 May 2011 16:39 -

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## **Advanced**

21-15-9

Pull ups

Dips

Hang power snatch #65

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## **Intermediate**

21-15-9

Pull ups or progressions

Dips

Hang power snatch #45

## **Beginner**

15-12-9

Pull up progressions

Dips

Hang power snatch #25

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For the dips, use rings, bars or a bench.