

"Baby Moon"

Advanced

June 2, 2011

Written by Andrea Wednesday, 01 June 2011 16:34 -
5 rounds
10 hang power snatch, right arm #25
3 beginner rope climbs
10 hang power snatch, left arm #25
3 beginner rope climbs
Intermediate
4 rounds
10 hang power snatch, right arm #15
3 beginner rope climbs
10 hang power snatch, left arm #15
3 beginner rope climbs

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Begi	inner		

Degimei
3 rounds
10 hang power snatch, right arm #10
3 beginner rope climbs
10 hang power snatch, left arm #10
3 beginner rope climbs
You can use dumbbells or kettlebells for this workout.