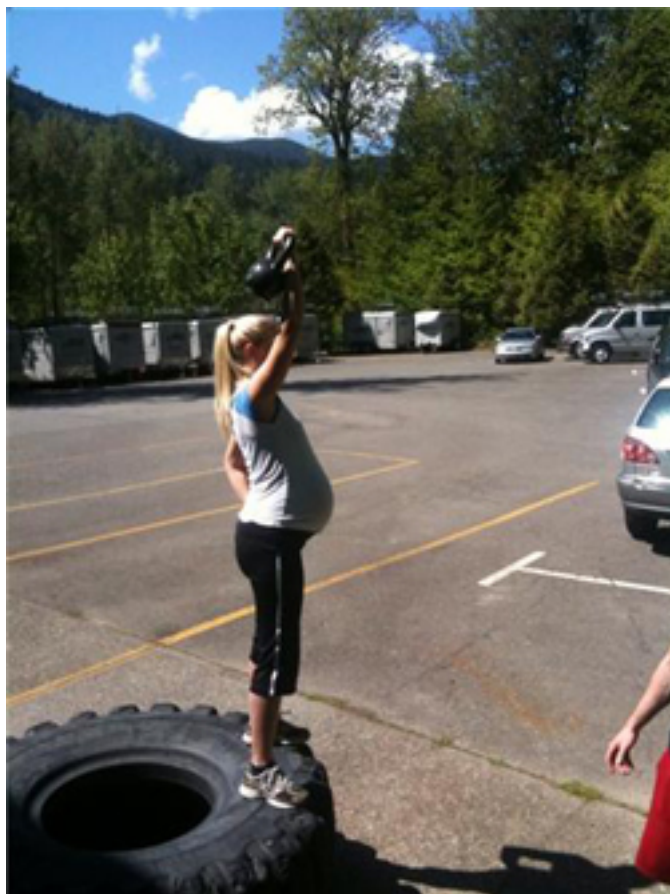


June 2, 2011

Written by Andrea

Wednesday, 01 June 2011 16:34 -



"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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Beginner

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.