

**June 26, 2011**

Written by Andrea

Saturday, 25 June 2011 20:45 -

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## **Advanced**

800m run/walk/row

30 hang power snatch #65

800m run/walk/row

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## **Intermediate**

400m run/walk/row

30 hang power snatch #45

400m run/walk/row

## **Beginner**

400m run/walk/row

30 hang power snatch #15-25

400m run/walk/row