

**July 22, 2011**

Written by Andrea  
Thursday, 21 July 2011 17:20 -

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**Advanced**

3 rounds

20 wall ball #14

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20 hang power snatch #55

## **Intermediate**

3 rounds

15 wall ball #10

15 hang power snatch #35

## **Beginner**

3 rounds

10 wall ball #6

10 hang power snatch #15