

Advanced

3 rounds

20 wall ball #14

July 22, 2011

Written by Andrea Thursday, 21 July 2011 17:20 -
20 hang power snatch #55
Intermediate
3 rounds
15 well hell #10
15 wall ball #10
15 hang power snatch #35
To hang power orlater wee
Beginner
3 rounds
10 well hell #C
10 wall ball #6
10 hang power snatch #15
To hang power shaten #10